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Your essential daily news | THURSDAY, APRIL 23, 2015

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Grinning vandal attacks gay club

HOMOPHOBIA

Acts happen daily for almost two weeks

Anna Brooks
Metro | Calgary

White powder. Garbage. Eggs. Mustard. These are the weapons of choice for a middle-aged vandal who appears to be targeting Twisted Element nightclub.

Club owner Rayjean Fafard said for almost two weeks straight, the same man has shown an unwavering commitment to vandalizing the only gay nightclub left in Calgary.

"It's constant — it's getting a little scary," Fafard said. "Extreme homophobia is the only thing we can think of that makes logical sense. Why else would he be attacking us?"

Day or night, sometimes two or three times a day, a gentleman dutifully dumps bags of garbage or throws eggs at the front doors. During his most recent act caught on camera, the man is sporting a wide grin as he hurls an egg at the bar.

The first night the vandal struck, he showered the front entrance of the bar with white powder. Concerned staff members alerted the police, who deemed the situation serious enough to quarantine the bar and call in the fire department's hazardous materials unit.

General manager Keon Brawn said the man even had the audacity to spurt mustard all over the front doors while the bar was full of customers last Monday evening.

Assuming it was a teen pulling a prank at first, Brawn said he was shocked at surveillance footage that revealed a middle-aged man slyly pulling an egg from his pocket and throwing it at the bar in broad daylight.

"It's 2015. We are a gay nightclub," Brawn said.

"It's disheartening that someone is doing this to us. Hate crimes happen, but this has been every single day."

For Fafard, he's used to one-off hate crimes; he's seen bricks thrown at people in line and had strangers pepper the club with paint balls. But he said someone with this level of commitment to vandalizing Calgary's only gay nightclub is disturbing.

"We still live in a very homophobic city," Fafard said. "We live in the Bible Belt of Canada — there's more racism and homophobia here than anywhere else in the country. To me, it's terrorism. I don't know how to handle this."

Calgary police are currently investigating the string of incidents and will be providing more information Thursday.

> **We live in the Bible Belt of Canada — there's more racism and homophobia here than anywhere else in the country.**
> Rayjean Fafard

Footage of the man suspected of vandalizing Twisted Element nightclub, the last gay nightclub in the city, shows him tossing an egg at the bar in broad daylight. CONTRIBUTED

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Migrant crisis: Italy wants action from EU. **World**

TRANSIT

Campaign focuses on bus shelter vandalism

After a staggering year of bus shelter vandalism, Calgary Transit is jumping into action with an awareness campaign they hope will get the community involved in preventing the smash-up jobs.

In January, Metro reported bus shelter smashes were up 78 per cent over the 2013 total. September was especially bad, with 120 shelters hit out of the 1,600 in Transit's catalogue. In total, about 40 per cent of shelters were damaged that year.

"Last year caused us quite a bit of concern because we did have higher numbers than usual," said Brian Whitelaw, coordinator for public safety at Calgary Transit. "It was time for us to sit down and say, 'What's going on here? What can we do as a transit organization and a community to respond to this better?'"

Whitelaw said the campaign is a way to let the community know Calgary Transit wants to solve bus shelter vandalism and identify suspects.

"It's not acceptable when you get up on a Saturday morning and you see five or six bus shelters smashed — nobody should have to tolerate that." HELEN PIKE/METRO

DETAILS

Whitelaw said the campaign will include:

- Site cleanup and abatement in 24 hours
- An educational piece to inform riders
- Information on new reporting methods
- Encouraging people to report the names of people who have broken bus shelters

Bus shelters have become a popular target for vandals, and Calgary Transit wants to do something to cut down on the frequency of smashed glass. ROBSON FLETCHER/METRO

Millions choose Metro

MEDIA

Latest newspaper survey results revealed

Luke Simcoe
Metro | Toronto

Metro is becoming the go-to news source for young Canadians.

Almost 3 million people read Metro once a week, and more than 1.2 million are daily readers, data released Wednesday by NADbank shows.

Some 60 per cent — or 740,000 — of the daily 1.2 million readers are between the ages of 18 and 49, with the most living in major hubs stretching from Vancouver to Halifax.

It's proof that Metro "owns the younger urban market in Canada," said vice-president and editor-in-chief Cathrin Bradbury.

"People are choosing Metro because it's a reflection of their lives, and the cities they call home," Bradbury said. "It is the paper that best captures the essence of what they're passionate about and explains the issues they face."

John Cruickshank, publisher of the Toronto Star and president of Star Metro Media Group, said he's thrilled with Metro's readership growth in a number of cities, particularly those in Western Canada.

"While the capacity of others to cover the market shrinks, Metro – because it's focused on news delivery – will continue to rise in these crucial markets," he said.

The paper's appeal to younger people helps complement other Star Metro Media products, he said.

"What we have with the Star and Metro is the ability to speak across a very great breadth of the audience."

Metro is well positioned for future growth as more people move to urban centres, Bradbury said.

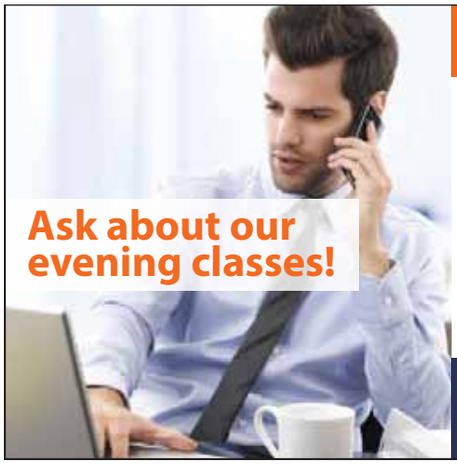
According to Statistics Canada, 81 per cent of people now live in urban areas. The divide is even more pronounced among the young, with only 17 per cent of 15- to 29-year-olds living in rural Canada.

Metro has made recent investments to expand editorial coverage of local news in each of its seven markets, Bradbury said. Plus, Metro updated its look in March with a modern redesign that takes delivering essential daily news to the next level.

"We want people to tuck the paper under their arms with pride," Bradbury said.

One of Metro's strengths is connecting with commuters. In Calgary, for example, where readership is 139,300 daily, its presence on transit is hard to miss. JENNIFER FRIESEN/FOR METRO

> **What we have with the Star and Metro is the ability to speak across a very great breadth of the audience.**
> John Cruickshank, president of Star Media Group



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Women ask Flames fans to stop street harassment

NHL PLAYOFFS

Advocates fear a repeat of crummy 2004 conduct

Helen Pike
Metro | Calgary

Avoid the Red Mile at all costs — that's the approach some women are taking in the face of playoff-fuelled street harassment standing between them and enjoying hockey with other fans.

The popular "Shirts off for Kiprusoff" chant from 2004 is back as "Show your cans for Monahan," a phrase encouraging women to pop tops as a game-day celebration.

"It's ruining the game for so many families," said Kenna Burima, a local musician. "So many people that want to support the Flames now almost want to see them lose, because we just want to be done with fearing for our friends' safety — which I literally am."

Juliet Burgess lives in the Beltline and is avoiding the street on game days as much as possible. She told Metro an experience in 2004 has stuck with her.

"I was 16 and didn't know anything about hockey. I just knew cool stuff was going on and wanted to be a part of it," said Burgess. "It ended up just being a lot of guys telling us to lift up our shirts and at one point somebody groped me, grabbed my breast."

A website, Twitter and Instagram account called showyourcansformonahan.ca, created by a man who would only identify himself as "Mike," was put up last Wednesday. The site posts photo tributes for Monahan and also aggregates images live from the #cansformonahan hashtag.

"I heard the slogan … thought it was clever," Mike said. "Everyone is getting up and rallying around the Flames in the whole Red Mile idea again."

A photo of some of the shenanigans from the Red Mile in 2004. THE CANADIAN PRESS FILE

Mike added the slogan is a way to show support for the Flames, not necessarily an invitation for nudity.

He said the site wasn't built just to target women, and that men are welcome to join in, although he can't see "show your crack for Lack" catching on.

In response, Elizabeth Chorney-Booth and Burima, armed with the #saferedmile hashtag, are hoping hockey fans, especially men, can encourage friends to speak out against what Kimberly Williams, women's studies professor at Mount Royal University, has called a sexist practice that has little to do with hockey.

The hashtag has had a response from Mayor Naheed Nenshi, who simply replied asking women to share stories from the Red Mile.

"There is absolutely a time and place. If there are women who wish to engage in sexual performance, that is certainly a right," Rebecca Sullivan, professor with the University of Calgary Women's Studies Program, said. "However, in a public space like the Red Mile there is neither consent from the audience to participate in a sexual performance, nor necessarily from the individuals being goaded into a sexual performance — and that's a problem."

Hours after Metro interviewed "Mike," the website had been taken down along with the Twitter and Instagram accounts.

CROWDS OF MEN

Back in 2004, it was "Shirts off for Kiprusoff," a catch-phrase encouraging women to show off their breasts that quickly turned into swarms of men surrounding women to catch a glimpse and snap a picture of the post-game phenomenon on their phones. Now "Show your cans for Monahan" — the chant or the hashtag — is something some women are hoping isn't trending.

NHL PLAYOFFS

Transit focused on rider safety

Calgary Transit is in the Flames spirit with operators encouraged to wear their jerseys on game days and buses displaying GO FLAMES GO, but one thing the system is bracing for is trouble with boisterous fans as the playoffs progress.

Brian Whitelaw, Calgary Transit superintendent of public safety, said they have a game-day protocol in place to keep riders safe before and after games.

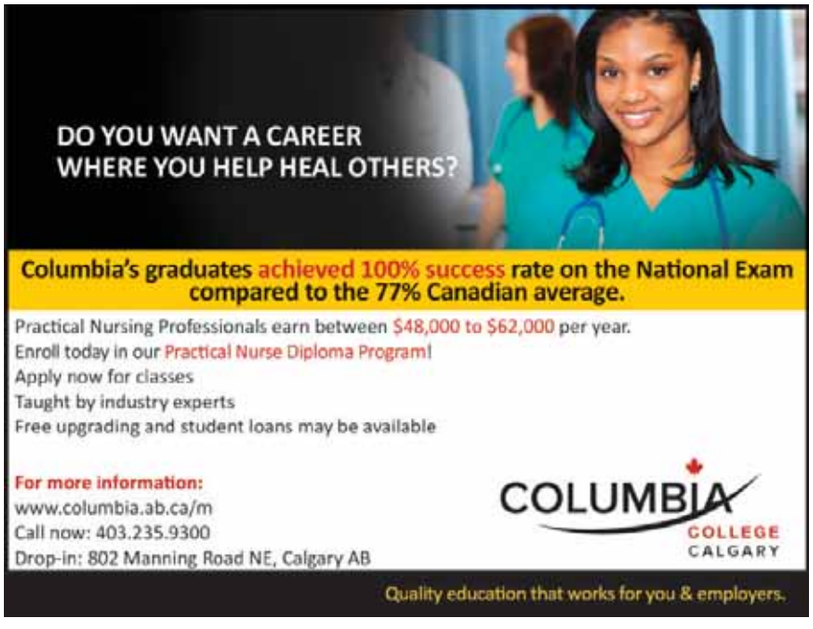
"We're following the recommendations of the 2011 Stanley Cup Playoffs for transit agencies," he said. "We want to make sure people are moving through the station quickly and then either getting to the stadium or after the game they're departing as quickly as they can."

It starts with a zero-tolerance rule when it comes to alcohol on trains and visible officers at the bottlenecked Victoria Park station and Erlton station.

Whitelaw, who was a police officer the last time the Red Mile charged down 17th Avenue, said this year doesn't seem to pack the same punch yet, but Calgary Transit is on high alert to adjust as it evolves.

"At a certain point here, as the Red Mile experience changes, it does create a disruption to transit service … part of our consideration is how do you reroute transit routes if they can't get through."

HELEN PIKE/METRO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Guillaume Bienvenu and Sabrina Afroz were relaxing with ice cream cones at Olympic Plaza on a warm Wednesday afternoon but said they'd be willing to give skating a try in the winter if the city goes ahead with a plan to make skate rentals available. ROBSON FLETCHER/METRO

Lace your skates up downtown

WINTER SPORTS

Popularity of Olympic Plaza growing, councillor says

Robson Fletcher
Metro | Calgary

Skating might not be on the minds of most visitors to Olympic Plaza this time of year but come winter, Calgary aims to make skate and helmet rentals available at the downtown park.

The city posted a notice of intent this week "to negotiate a pilot project agreement" with a private vendor who would provide both skates and helmets for rent to the public.

"It's a great idea," said Coun. Druh Farrell, whose Ward 8 includes Olympic Plaza and whose city hall offices are just across the street.

> **"I've been tempted to go out skating but, without my own skates, it's always a bit of a deterrent."**
> Coun. Druh Farrell

"I've been tempted to go out skating but, without my own skates, it's always a bit of a deterrent," Farrell said. "And I wouldn't be too steady on my feet so I'd welcome a helmet."

Sabrina Afroz said she frequents the park in the winter because she likes the lights the city has set up there, but she's never actually skated on the seasonal rink.

"I've thought about skating but I just never had the time," she said, adding she'd "definitely" be more likely to give it a try if the equipment was right there to rent.

"This location, it's not like going to Bowness Park," she said. "It's more central and people who are around are not the types who carry skates around."

Guillaume Bienvenu, an international student attending the University of Calgary, said he bought skates when he arrived in Calgary, but he still might make use of the rentals.

"I'm not carrying my skates all the time," he said. "I'm not that Canadian."

The rental agreement would see revenue shared between the city and the vendor, according to the city's notice, and it's anticipated to run as a pilot for the 2015-16 season.

"The pilot project may include occasional small event rentals at Princess Island Lagoon," the notice reads.

CRIME

Man faces second-degree murder charge

Calgary police have charged a man in connection with the city's eighth homicide of 2015, now confirmed as a shooting death.

Joshua Jayson Matechuk, 25, was arrested Monday in a vehicle in northeast Calgary and charged at that time with five firearms offences.

Matechuk was then also charged with second-degree murder on Tuesday, police announced Wednesday, with respect to the death of Rodney Conway, 44.

Conway's body was found about 8 a.m. Saturday outside Chetlen Auto Tech & Tire in the Willow Park area after a witness called 911 to report a man who appeared to be in distress.

Police believed there was "a confrontation" in a nearby parking lot just prior to Conway's death.

Three people were taken into custody from the Travelodge on Sunridge Boulevard NE — one of them following a 13-hour standoff — for questioning Monday, but Andrus said all three were later released.

Police also said Wednesday that Conway was shot to death, after the completion of an autopsy by the Office of the Chief Medical Examiner.

Matechuk is set to appear in court on Thursday. METRO

Rodney Conway, pictured, is Calgary's eight homicide victim. COURTESY CALGARY POLICE

New sports spike CSSC numbers

ATHLETES

Non-traditional activities draw more people

Morgan Modjeski
Metro | Calgary

More Calgarians are taking to the fields, courts and beaches, according to representatives from the Calgary Sport and Social Club (SCCS), and popularity of some less mainstream sports are helping boost those numbers.

While classic sports like slo-pitch still make up a large part of the club's rec-league action, people are starting to take notice of non-traditional team activity.

"We are definitely growing," said Michelle Harrison of the CSSC. "We grow every single year, every single season, which is really cool for us to see," she said. "That means that we're doing something right and there's a lot of interest in Calgary, especially with a lot of new people coming to our city."

The club has seen significant growth when it comes to the number of participating teams, with approximately 3,500 in 2009 and roughly 4,500 teams last year.

One new addition doing "amazing" when it comes to drawing new sporting-socialites is the multi-sport program.

Providing patrons a chance to try a different sport each week, it was offered for the first time this winter, and 2015 marks the first time it's available for spring registration.

"It sold out super quickly in the winter season, and spring, it's well on its way to selling out as well," Harrison said.

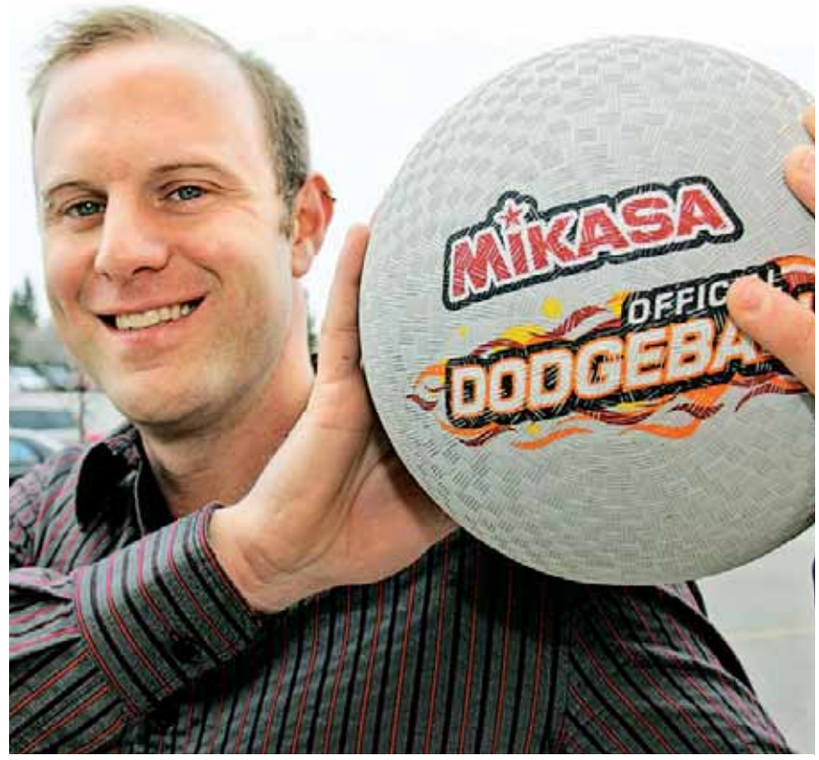
Putting a sandy twist on a schoolyard favourite, another sport that's attracting new players to the club is beach dodgeball, drawing everyone from the occasional 18-year-old athlete to a few players pushing 40.

> **We grow every single year, every single season.**
> Michelle Harrison

"The reason it's becoming so popular is because with a sports club … their whole motto of 'fun first, winning second,' it creates just more of a social atmosphere," said Greg Dow, captain of beach dodgeball team Clothing Optional.

"With the dodge ball community being so close-knit and being a newer sport to the CSSC it has a bit of a smaller core group of players and teams," he said.

"We've actually become friends with all of the other teams that we play — you actually get to know these people."



Greg Dow, team captain of "Clothing Optional," a beach dodge ball team with the Calgary Sport and Social Club, says he's just one of many athletes putting a new twist on traditional recreational sports. MORGAN MODJESKI/METRO

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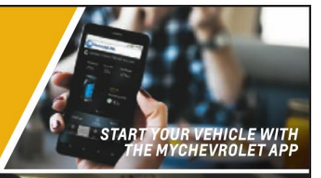

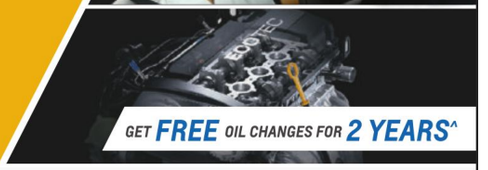

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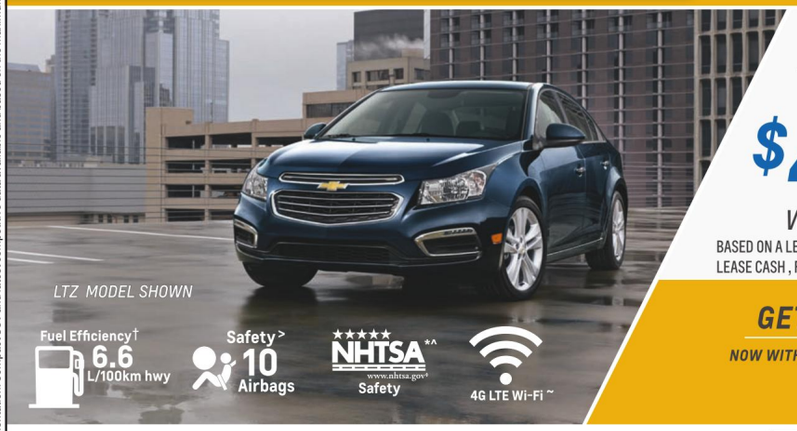

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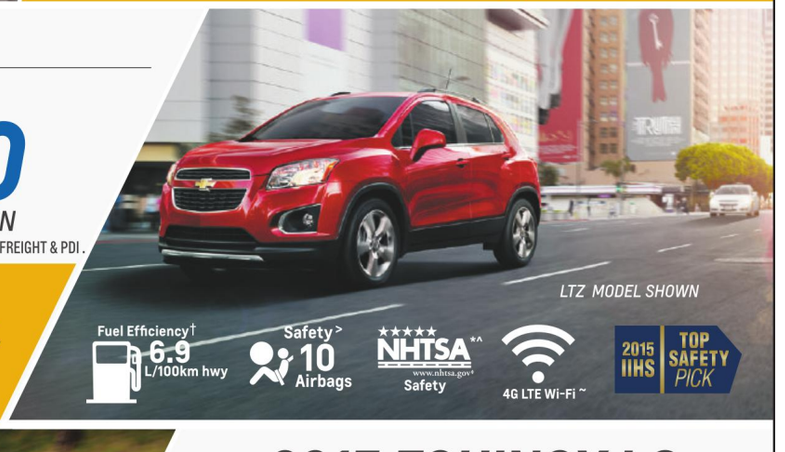

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Custodians face 'impossible' job

EDUCATION

CBE has warned of future cuts to cleaning staff

Jeremy Nolais
Metro | Calgary

The washrooms get scrubbed and mopped every day. A cloth is run over each and every desktop two to three times a week.

Other common touch points aren't so spotless.

"The phones, the door handles, those things should be done on a regular basis," said Joe, a facility operator. "If I can get to them once a week, I'm doing good."

Joe agreed to share his experience as the lone custodial member in a Calgary Board of Education elementary school provided that his identity and the exact facility he works in weren't disclosed.

There are some duties, such as dusting, that go for months without being performed.

The Canadian Union of Public Employees (CUPE) has said there are 30 custodians in Joe's current predicament, but the school board has warned of further cutbacks to cleaning budgets as it works to overcome a remaining budget shortfall of $12 million.

All told, there are currently 535 full-time custodians to oversee 227 CBE buildings that house 140,000 students, teachers and other staff.

Joe, for his part, wishes he had a colleague or two to share the workload.

"The staff and student numbers are overwhelming," he said, noting he talks frequently with his peers in other buildings.

"Everybody says the same thing," he said. "They just can't keep up, can't do everything. It's impossible.

"If they cut us back further than they already have, it's going to get even worse."

> **Right now, some of the schools aren't even up to standards.**
> Joe, CBE custodian

CUPE local president Bob Anderson recently told parents "your kids are going to are going to get sick," if CBE administrators went ahead with further cuts to cleaning budgets.

But Frank Coppinger, the organization's superintendent of facilities, told Metro in a recent interview he doesn't "quite agree."

"I don't think there's any risk of kids being sick as a result of these cutbacks," Coppinger said. "I don't think there will be a significant number of caretakers cut."

He added, "These schools will still be safe, secure and clean."

Bob Anderson, CUPE local president, is among those raising alarms about potential cuts to the cleaning budget for Calgary Board of Education schools. METRO FILE

IN BRIEF

Carcinogenic chemical for cutting drugs seized

Police seized an estimated $850,000 in drugs along with cash and weapons in a series of raids in Edmonton last week.

Officers arrested four people. They also seized a cutting agent for the cocaine, and Insp. Darcy Strang said it shows how indifferent organized crime is to drug users, because the carcinogenic chemical was banned in the 1970s.

RYAN TUMILTY/METRO IN EDMONTON

Man faces 36 charges after alleged fraud

Calgary police arrested and charged a man with 36 fraud and breach of court condition-related offences Thursday based on a tip from the public.

The man is believed to be connected to numerous cases of credit and debit card fraud that occurred between March and October 2014 at city retail stores.

Police alleged Andrew Robert Wannek, 24, manually entered stolen credit card numbers into pin pads while making a purchase in some instances. METRO

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Dollars limited for sports school

EDUCATION

City, feds turn down funding requests

Jeremy Nolais
Metro | Calgary

Ice dancer Andie Gingrich, left, and luger Rachel Klassen are among the athletes who have trained and studied simultaneously while attending the current National Sport School.
METRO FILE PHOTO

Calgary public-school officials have taken shots and missed at securing both municipal and federal funding for a specialized facility for elite athletes that's been more than a half-decade in the making.

Both the Calgary Board of Education and WinSport say they're committed to opening a new National Sport School and they plan to either raise funds or borrow the remaining $6 million needed.

"We're currently occupying the main floor of their office building," said Frank Coppinger, the CBE's superintendent of facilities, referring to the current home for the school inside an office administrative building at WinSport's Canada Olympic Park. "I think they would like us out of there and into our own purpose-built building so they can utilize that ground floor, but they're not pushing us."

Planning work for the new facility dates as far back as 2009. The current NSS allows 150 elite athletes to balance their schoolwork in and around a hectic training and competition schedule.

Proponents have said proximity to the WinSport facilities is key and Coppinger said a site for a new NSS on the campus has been pinpointed.

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HELEN PIKE/METRO

METROTALKS GREG CLARK

WE SIT DOWN WITH THE **HEAD OF THE ALBERTA PARTY**

REFLECTING 'MODERN ALBERTA'

In Metro's third editorial board session with party leaders, Greg Clark sat down with our reporters and editors to explain his vision for the province. Here's what he said, issue by issue:

ON HIS PARTY

Greg Clark doesn't entertain the notion his fledgling party will be shut out again on May 5.

"We're going to win the seat in this election. I am quite confident of that," he said.

He said his party reflects where the province is going.

"The Alberta Party reflects modern Alberta, and I think we connect with modern Alberta," he said.

Not only is Clark confident his party will succeed where others have failed, he believes the province's politics are on the verge of a major change.

"People around the province have moved on from PC Alberta. I really believe we are seeing the end of PC Alberta."

Clark, whose campaign has had an intense focus on his own riding of Calgary–Elbow, said this is the beginning of a long game to bring the party to power but he has to start with a seat in the legislature.

"There are no silver medals in politics and there are no shortcuts, so we will build this the right way," he said.

HEALTH

For Clark, improving health care starts with recognizing that people working in the system are just trying to do the best by their patients.

"They care about other people and they genuinely want to keep people well," he said.

He said he's worried about the cost of health care but also believes it's the most sensible investment.

"If we are not spending money on health care, then what the hell are we spending it on? However, I think we can find ways to spend the $18.5 billion more effectively," he said.

Part of spending money more effectively, Clark said, is recognizing that people are much easier to treat before they end up in hospital.

"We know the only thing that actually bends the cost curve of health care over time is a focus on primary care."

> **There are no silver medals in politics and there are no shortcuts, so we will build this the right way.**
> Greg Clark

EDUCATION

The Alberta Party would reduce funding to some private schools and redirect some of those funds to lowering fees for public-school learners.

"We're talking about elite private schools, which are exclusionary and exclusive," Clark said. "Those schools can and should continue to exist, but the taxpayer shouldn't fund them to exist."

Clark does support private schools that support vulnerable and special-needs students but he questioned why those programs wouldn't be included in the public-school sector.

Clark said he believes more timely new-school construction would steer more families away from private schools. He said he's aware of a cul-de-sac in Calgary's Altadore community where there are 19 kids and they go to seven different schools.

"The kids live next door to each other and don't know each other.... That doesn't create a sense of community and a sense of connectedness, which schools do," he said. "To me, if we're not investing in schools, what are we doing?"

POST-SECONDARY

Clark says he would fight to leave tuition be, with increases tied to the rate of inflation.

"If you raise tuition significantly, what students will do is they will start to take three to four classes every semester and then take four, five, six, seven years to finish their degree because they have to fund it," he said.

Clark said he supports a broad-based post-secondary system that supports everything from trades to social-sciences teaching to fine arts. He says schools with available space, like Mount Royal University, need to be funded for all the student seats they have available to boost access.

"It's just a question of values," he said. "What I value is strong education of all kinds, K-12 and post-secondary."

MUNICIPAL GOVERNMENT

An Alberta Party government wouldn't consider itself a higher-level government than cities and towns.

"They need a seat at the grown ups' table, and we must get away from this top-down, province-knows-best kind of model," he said.

He said municipalities have the right to make their own decisions, even if they want to charge new taxes.

"I am very open to a discussion about the possibility of new revenues for municipalities," he said.

Clark said if citizens of Calgary and Edmonton want better services, they would accept higher taxes. If they don't, that's a legitimate choice as well.

"I'm willing to pay fair value to get those things and I will elect councillors who do those things," he said. "Let's let the democratic process work."

METRO

> **We know the only thing that actually bends the cost curve of health care over time is a focus on primary care.**
> Greg Clark

Things to know about Greg Clark

1 He's a big-time Flames fan. Like, big time.

"I was at the very first-ever Calgary Flames game when I was nine years old, on Oct. 9, 1980. It was 5-5 against the Quebec Nordiques.... I've still got the ticket stub. I've been a Calgary Flames fan since Day 1. I can talk Flames all day.

2 His wife is a palliative-care physician.

"The people in health care, almost to a person, they've gone into health care because they care about other people and they genuinely want to keep people well."

QUICK Q&A

What's your party's biggest weakness?
"We have candidates in about half the constituencies because the election's a year early. We, unfortunately, get many emails every day from people saying, 'I wish there was an Alberta Party candidate in my constituency.' We're only going to run people who are high-quality, local candidates who would be a great MLA if elected."

Is there a TV show you binge-watch?
"Better Call Saul."

Finish this sentence. If I wasn't a politician, I would be ...
"Entrepreneur. That's what I was before I was a politician. I like to build things and I like to work with interesting people who have big ideas and I like to learn from those people."

Premier Jim Prentice is facing criticism for backing down on tough budget measures. THE CANADIAN PRESS FILE

Prentice criticized on budget

POLITICS

NDP leader says blueprint is simply a PC platform

Premier Jim Prentice, preparing Wednesday for a critical election leaders' debate, faced criticism that his signature tough-love budget is nothing more than a bendy Progressive Conservative promise list.

NDP Leader Rachel Notley and Liberal Leader David Swann said Prentice's reversal on charitable tax credits earlier this week reinforced what had been obvious to them from the start.

"(The budget) is a platform. It's absolutely a platform," said Notley, adding, "(Former PC premier) Alison Redford ran on one plan and delivered a very different one."

Swann said Prentice is reshaping policy to deal with popularity polls that suggest a PC cake walk has turned into a three-party fight between the Tories, the Wildrose and the NDP.

"All of this (budget) is a work in progress for the premier," said Swann. "Anything that doesn't fly, he just dumps.

> **Anything that doesn't fly, he just dumps.**
> Alberta Liberal Leader David Swann

"He's very consistent with the other four (PC) premiers in the last five years. They will do what they need to do to stay in power."

Prentice and his campaign team declined comment.

The premier called the election for May 5, a year earlier than directed by law, and will face the other leaders Thursday in a televised debate.

Prentice said he needed a mandate to implement a long-term financial plan to steer Alberta out of the rocky shoals of low oil prices to calmer waters.

He tabled his budget in the legislature on March 26, but it has yet to be debated or passed.

The budget hikes taxes almost across the board, except for corporations, while cutting or freezing departmental spending and delivering a $5-billion deficit this year.

It has been applauded by business leaders and some mayors as tough but balanced. However, it has been criticized by teachers, school trustees and public-sector workers as unfair and harsh for a rapidly growing province.

Prentice had originally stood firm on the plan but has now begun rolling back.

Last week, he unveiled new austerity measures, including a promise to disband 80 of the province's 320 boards, agencies and commissions by the end of the fiscal year.

On Tuesday, he shelved a planned rollback on the charity tax credit that would have added $90 million to Alberta's bottom line. THE CANADIAN PRESS

EDUCATION

City boards not sitting on cash stacks

Compared to their counterparts, city school boards' savings accounts aren't exactly flush with cash.

The reserves maintained by boards around the province have been drawn into question this week as Calgary–Elbow MLA and former education minister Gordon Dirks said "boards have not spent all the money" provided by his government in recent years. He added he believed parents would be curious to learn that, collectively, 63 school boards have nearly a half-billion dollars stashed away.

Dirks' comments also took specific aim at the Calgary Board of Education (CBE). But the province's own data suggests the CBE had $36.9 million stored away last August, or roughly three per cent of its annual operating expenses.

By contrast, the average school board stockpile hovered closer to 7.5 per cent of operating expenses, and just 11 organizations had a smaller proportion of their budgets sitting in reserve than the CBE.

"It's actually advisable and considered best practice for organizations to have reserves," Joy Bowen-Eyre, CBE trustee chair, said in an interview Wednesday.

On Monday, 19 school boards gathered together in what was described as an unprecedented show of opposition to the 2015 provincial budget, one that will provide no funding for new students and cut into grants for vulnerable learners.

As well, the province put new restrictions on how boards could use their reserves this year, stating it could only go toward "transition planning."

But some board representatives reached by Metro this week said they're still confused about the province's guidelines.
JEREMY NOLAIS/METRO

Woman wages war on waste

LOURDES JUAN

Founder of LeftOvers aims to tackle food issue head on

Jennifer Friesen
For Metro

When Lourdes Juan walked into Cobs Bread two years ago, she was met with approximately 150 pounds of food that would have been tossed in the garbage if she wasn't there to collect it.

She came to help her cousin collect food donations for his church, but ended up leaving with more than just the bread — she had an idea.

"It was like finding out the world is round," said Juan. "You can't look at it as flat anymore. It was great the Cobs was doing this, but I knew it had to be done on a bigger scale."

She soon launched LeftOvers, a volunteer organization that rescues food and brings it to service agencies including the Calgary Drop-In Centre, the Calgary Interfaith Food Bank and Alpha House.

Juan said the statistics surrounding food waste in North America are "alarming." One third of the food produced for human consumption is wasted globally, amounting to 1.3 billion tonnes of food lost per year, according the UN's Food and Agriculture Organization.

"It's just such a shame when you see perfectly good food go in the garbage," she said. "It's a principle you learn from your grandfathers and grandmothers: don't waste your food."

Since LeftOvers began their rescue mission two years ago, volunteers have collected over 17,500 lbs of bread, pastries and produce from Calgary businesses.

Nicole Chan, 23, began volunteering for LeftOvers in December. On her weekly route she said she often collects 32 pounds of bread that would otherwise be left to the landfills.

"As consumers, we expect everything to be fresh, so we're not going to buy day old bread," said Chan. "But we don't think about where the food that isn't bought goes. It's a big problem. It feels good to know that you're giving it to people who need it."

Lourdes Juan began collecting food donations two years ago, and has now rescued over 17,500 pounds of food from Calgary businesses, including here at the Sidewalk Citizen Bakery.
JENNIFER FRIESEN/METRO

BOATING DEATH

Man gets jail time for fatal crash

A Calgary boater has been sentenced to 27 months in prison for the death of an 18-year-old man he refused to help after hitting him on a B.C. lake.

Ryan Symington, 30, pleaded guilty to dangerous driving causing the death of Marco Corbin and leaving the scene of the accident four years ago.

The proceedings were briefly interrupted after one of the victim's three brothers cursed at Symington in the emotionally charged courtroom.

Court heard Symington had been drinking vodka and beer throughout the day on Aug. 16, 2011, while driving his boat on Osoyoos Lake.

Before he was led out of the courtroom in handcuffs, Symington told his wife, who sobbed quietly as his sentence was read, that he loves her.

"Nothing this court does will bring Marco Corbin back," said provincial court Judge Gale Sinclair. "And it is even more tragic that when Marco died, his family died emotionally with him." THE CANADIAN PRESS

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Bike helps paralyzed patients cycle again

TECHNOLOGY

Public free to use device at University of Calgary centre

Four years ago, then-17-year-old Amanda Timm was confined to a hospital bed for three months straight. She had suffered a T6 spinal-cord injury while skiing in Fernie, B.C., which took away the use of her legs.

But she decided she wouldn't let it slow her down.

Timm moved to Los Angeles the day after leaving the hospital, searching for a way to keep moving forward.

There, she used a functional electrical stimulation (FES) bicycle — a machine that simulates a cycling motion by electrically prompting the nerve endings in her legs to move, despite the paralysis.

"Keeping active is really important to me," she said. "So keeping the muscles in my legs makes me feel good because I'm not abnormally disproportioned from muscle atrophy and I don't have to worry about pressure sores. And it just feels good to get on a bike again."

When Timm had her accident, the technology wasn't available in Calgary, but on Wednesday afternoon the University of Calgary announced that a bike has been made available in the Thrive Centre. The $35,000 bike is the first one open for public use in Calgary.

According to Dr. Chester Ho, section chief of physical medicine and rehabilitation, FES bikes help people who have suffered spinal-cord injuries, multiple sclerosis or strokes by retaining their muscle and heart health.

JENNIFER FRIESEN/FOR METRO

Amanda Timm, 21, was paralyzed from the waist down four years ago, but is now able to cycle again using the FES bicycle at the University of Calgary. JENNIFER FRIESEN/FOR METRO

HOUSING

Revised plans ready for 'Centre 4800'

Revised plans for the Calgary Drop In and Rehab Centre's controversial hotel-conversion project are to be presented at a community meeting Thursday night.

The Drop In angered many people last June when it applied for a development permit for the project and unveiled specific plans to turn the bankrupt hotel it purchased at 4804 Edmonton Trail NE into 120 units of "transitional housing."

The provincial government, in response, rescinded $5 million in funding for the project, citing a lack of adequate community buy-in before the Drop In went ahead.

This week, the Drop In invited area residents and the Thorncliffe Greenview Community Association (TGCA), specifically, to Thursday's open house, where it plans to reveal "formal modifications" to the project, which it has dubbed "Centre 4800."

Executive members of the TGCA said publicly last month they were no longer interested in being involved in the project that has been roundly criticized by area residents, politicians, and even other agencies that advocate for the homeless.

But in an online statement this week, TGCA vice-president Marvin Quashnick said members would attend the meeting "with some trepidation," adding: "We urge all residents interested/concerned in the hotel project to do likewise."

Coun. Sean Chu, the area's representative on city council and another opponent of the project, told Metro he also plans to attend. ROBSON FLETCHER/METRO

Calgary Drop-In and Rehab Centre executive director Debbie Newman, in one of the 120 units in a former hotel her organization wants to turn into affordable housing. ROBSON FLETCHER/METRO

LAW ENFORCEMENT

60+ extra police fight property-crime spike

Calgary police are directing extra officers to combat a recent spike in property crime across the city and say they're already seeing results.

More than 60 officers are now "temporarily dedicated" to property crimes specifically, the Calgary Police Service said Wednesday, and the past week and a half of enhanced enforcement has resulted in 15 arrests and 109 criminal charges.

Four firearms were also seized during that time, police noted.

"Property crime is something that the Calgary Police Service takes very seriously, especially vehicle thefts since stolen vehicles are often used to commit other more serious, and sometimes violent, crimes," the service said in a release.

METRO

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Events

1 LILA DOWNS

Friday, Jack Singer Concert Hall:
The Mexican singer is a star in the world music scene, having impressed audiences with her stunning vocals, brightly coloured traditional outfits, and songs that blend folk music, ska, hip hop and Latin rhythms. Her latest album, Balas y Chocolate, was released this year.

2 STEVE SIMEONE

Saturday, Yuk Yuk's:
A regular at Los Angeles' legendary Comedy Store, Simeone was discovered by Pauly Shore during a comedy contest in Philadelphia. He's been honing his comedic skills for the past 15 years and currently hosts the popular podcast Good Times with Steve Simeone.

3 PALOMINO

Saturday, 11th anniversary:
This Calgary nightspot celebrates 11 years of selling copious amounts of Jack Daniel's, making an awesome barbecue brisket and showcasing some of the coolest bands around. Calgary five-piece Port Juvee and Vancouver psychedelic roots rockers Spoon River will help kick off the festivities.

4 CHASING RIVERS WITH PETE MCBRIDE

Sunday, Jack Singer Concert Hall:
For the past 15 years, filmmaker and photographer Pete McBride has travelled around the globe documenting waterways, including the Ganges River in India and the Colorado River. McBride will share his adventures during this National Geographic Live presentation. Visit ArtsCommons.ca for more. LISA WILTON/FOR METRO

Father John Misty is one of the headline acts slated for this year's Calgary Folk Music Festival. CONTRIBUTED

Calgary Folk Fest unveils full lineup

BACKSTAGE PASS

Expect Buffy St. Marie, Lucinda Williams and more in July

Lisa Wilton
Metro | Calgary

It's not easy putting together an annual music festival in Calgary — especially when expectations are high, the Canadian dollar is low and everybody keeps requesting Mumford and Sons.

"No, we're not getting Mumford and Sons because they cost $700,000 and our artistic budget is $850,000," says Kerry Clarke, artistic director of the Calgary Folk Music Festival. "We're not going to spend most of our budget on one artist."

But despite financial constraints, the Calgary Folk Fest always manages to put together an exceptionally strong and diverse lineup of musical acts.

Clarke announced the full lineup for the 2015 festival during a launch event Wednesday afternoon at Festival Hall in Inglewood.

Neo-traditional country band The Mavericks, roots singer Lucinda Williams and Canadian folk legend Buffy Sainte Marie are among the artists headlining the festival, which takes place July 23 to 26 at Prince's Island Park.

The new names join a handful of previously leaked artists, including psychedelic folk rocker Father John Misty, indie blues musician Shakey Graves, Boston soul-jazz band Lake Street Dive and folk veteran Loudon Wainwright III.

Other artists at this year's festival include Grammy-winning jazz star Esperanza Spalding, Australian jam band The John Butler Trio, charming Simon & Garfunkel-esque folk duo Milk Carton Kids, and adult alternative singer and songwriter Adam Cohen.

Clarke says what the Calgary Folk Festival lacks in big-draw household names, it makes up for with diversity and quality.

"Even for those who are immersed in music, you're not going to know every act," she says. "But people are starting to know that, for example, it's going to be fun and funky on Friday night and they're going."

Not only is the Calgary Folk Festival competing for limited entertainment dollars against other local festivals such as Sled Island, X-Fest and Calgary Stampede-related music events, it's also up against larger, corporate-funded festivals like Pemberton, Squamish, Bonnaroo and Coachella.

"People have only so much entertainment dollars," she says. "So they might go, 'I'm spending $5,000 on going to Coachella.' And they don't want to spend another $170 on us.... But those who do come are always satisfied by the quality."

TICKETS

Early-bird tickets can be purchased online at CalgaryFolkFest.com.

ENTERTAINMENT

Q&A: Ginger St. James

Singer and former burlesque dancer Ginger St. James brings her country crooning and rockabilly rave-ups to the Oak Tree Tavern on April 30 and May 1. St. James recently released her debut album, Diesel and Peas, featuring all original songs.

What did you learn from your dancing days that you continue to use as a musician?
Discipline. Also, your feet will hurt. You will bend over backwards many times, you will cry a lot and vow to quit … and practice makes perfect. Having the experience of doing burlesque also paved the way to being comfortable onstage.

Is there something more satisfying about recording original songs than covers, or do you like both?
Performing a cover song and recording one are quite a different barrel of monkeys. I like paying tribute to artists that have influenced me in live shows. I have also started an online project where I post a new cover song every Monday that I've recorded acoustically. But when it comes to my recordings, it's all my blood, sweat and tears.

St. James CONTRIBUTED

For those who haven't seen you play live before, what can we expect?
We won't have the full band this time, but we will certainly bring a great show with our Duo Royale set up. Of course, the audience is included with each show, so we hope you will be as rowdy and cheeky as we will be! LISA WILTON/FOR METRO

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Take a letter: pictures from around the city are to contribute to a visual alphabet being put together by poet laureate Derek Beaulieu. TWITTER

Find the A, B, Cs of city's visual poetry

ARTS

Calgary poet hopes to spread awareness of literary scene

Anna Brooks
Metro | Calgary

A, B, C, D might not spell Calgary, but that's not stopping the city from constructing its first "visual alphabet."

Poet laureate Derek Beaulieu said he hopes to get Calgarians more involved in the language of the city by encouraging residents to take pictures of unique letters they see around Calgary.

It ranges from ads on billboards to street signs, and Beaulieu said he's already seen an overwhelming response to the initiative on Twitter.

"It's about engaging with the alphabet in the city that surrounds you," Beaulieu said. "It gets people looking around the streets for the language and letters that are part of our cityscape."

Despite what Beaulieu said is a strong literary scene in Calgary, he thinks more could still be done in spreading awareness about the array of talent in the city.

"Calgary has an incredibly rich and storied literary history, but we don't seem to recognize it," he said. "Calgary is seen as a hub of writing for North America, and I think people could be more aware of the language that surrounds us and the poetic possibilities of the city itself."

Beaulieu added that clichés and misconceptions might cause some to shy away from poetry, but he hopes by encouraging people to get involved in things like visual poetry, those mentalities can change.

"Poetry is this difficult thing we're taught to avoid in high school, but actually it's simply about the language we use," he said. "It helps us understand who we were and how we see ourselves."

#YYCPOET

1. Calgarians are encouraged to snap photos of letters around the city and post them to Twitter using the hashtag #yycpoet

2. Residents can fix poems on to the poeTREE launched by Tamara Lee in Sunnyside as part of National Poetry Month

REAL ESTATE

Oil drop makes downtown office space a tenants' market

Downtown Calgary's commercial real estate market is swinging in favour of tenants as more office space gets freed up in the white-collar heart of the oilpatch.

Weak oil prices have caused companies to cut their head counts in recent months, pushing vacancy rates into the double-digits.

Dan Harmsen, vice president at Barclay Street Real Estate, said tenants have more negotiating power and options these days. Some subleases are becoming available that simply ask that the space's operating costs be covered.

Harmsen said it's a healthy trend in what's been an expensive market.

"We're just seeing a fundamental market correction like we've seen time and time again in Calgary," he said. "We're just entering a more balanced and fair market."

Even still, Harmsen said there's been some hesitation on the part of tenants to pull the trigger on deals because they're waiting for the market to drop further.

"Nobody rings a bell at the bottom or the top, but I think we're closer to the bottom than we are to the top," said Harmsen. THE CANADIAN PRESS

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SASKATCHEWAN

Mom, children killed

A man went to a mobile home in rural Saskatchewan and killed a woman and her three children, but spared an infant, say Mounties.

He then took the six-month-old baby and drove 130 kilometres from the town of Tisdale to Prince Albert, where he killed himself. The infant was found unharmed and is being cared for by family.

RCMP spokeswoman Mandy Maier told reporters Wednesday that officers received a call from a family member around Tuesday evening, saying the woman and children hadn't been heard from all day and couldn't be reached.

Police did not release the names of the children, but said they were all under the age of nine. Police believe they were killed before they were reported missing.

The suspect was known to the victims, Maier said, adding she couldn't give the relationship or a possible motive. THE CANADIAN PRESS

HALIFAX

Two plead guilty in Loretta Saunders case

More than a year after the remains of a young, promising university student were found beside a highway in rural New Brunswick, two people from Halifax pleaded guilty to murder, and for the first time a detailed description of how Loretta Saunders, 26, died became public.

But the motive for the slaying remains a mystery.

Blake Leggette and Victoria Henneberry were both charged with first-degree murder last year and they both pleaded not guilty at the time.

Leggette changed his plea to guilty and Henneberry pleaded guilty to a lesser charge of second-degree murder. Leggette will be sentenced to life with no parole eligibility for 25 years. Henneberry is also facing a life sentence, but her parole eligibility could range between 10 and 25 years. THE CANADIAN PRESS

MOHAMED FAHMY FINALLY GETS A PASSPORT
Canadian Al Jazeera English journalist Mohamed Fahmy holds his temporary passport Wednesday near Tora prison in Cairo. Fahmy, facing broadly denounced terror charges in Egypt, was finally given a temporary Canadian passport Wednesday. The journalist's original passport was seized during his arrest in December 2013. ROGER ANIS/AL SHOROUK /THE ASSOCIATED PRESS

Trudeau hints at platform

POLITICS

Liberal leader promises to balance budget

Justin Trudeau is starting to show some of his economic cards now that the Conservative government has laid its election hand on the table.

The Liberal leader says he would reverse the Tories' plan to almost double the maximum amount Canadians can sock away in their tax-free savings accounts.

And he's promising that the Liberals would balance next year's budget should they win this fall's election.

Trudeau disclosed those details Tuesday, after the Conservatives laid out their economic and fiscal blueprint in the Harper government's 11th federal budget, its last before the October election.

He revealed another on Wednesday: he'd keep the Conservatives' plan to cut the 11 per cent small business tax rate by two points over four years. However, he said a Liberal government would look at a different way of implementing the cut so that it wouldn't wind up benefiting primarily the wealthy, as many economists have predicted will happen. In addition to those particulars, insiders say Trudeau intends to unveil in the next few weeks a major economic plank from his party's eventual election platform.

Until now, Trudeau has offered sparse details while steadily resisting pressure to reveal platform proposals before the fall campaign.

With the fiscal lay of the land clear, he hinted broadly Wednesday that he'll be more forthcoming soon about Liberal economic policy. THE CANADIAN PRESS

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Calorie deficit taking its toll

CHALLENGE DAY 3

Metro reporter feels his energy flagging on a $1.75-a-day diet

Gilbert Ngabo
Metro | Toronto

LIVING BELOW THE LINE

The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just $1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget of those who live below the poverty line.

The series: Day 3 of 5, a tired Gilbert Ngabo sizes up his diet on $1.75 versus the ideal diet.

There are those daily routines in life that you seldom expect to change.

Like the 30 or so pushups I do every morning before taking a shower. I've been doing that for so long that I don't even think about it. But since taking on the Live Below the Line challenge this week, I've started to feel my body letting me down.

It started Tuesday evening on my way home from work. As I sat on the train, I started reading an ESPN column that I had downloaded earlier about the NBA playoffs. That's what I do every day on my commute. But this time, I kept falling asleep before finishing two paragraphs. After many failed attempts, I pulled a book out of my bag, thinking my eyes were just tired of looking at screens. But I couldn't finish a page before dozing off.

It's not as if I was overly tired from work. Instead, it's a testament to the physical, emotional and mental toll that not eating enough can take on you.

I had lunched on a meagre meal of bean soup and a piece of pita bread, the same thing I planned to eat for dinner. The previous night, I had woken up on multiple occasions, checking the time and realizing I was still hours from starting my morning routine. And a sense of emptiness in my whole body kept reminding me that I was hungry. When it was finally time to get out of bed, I felt so weak I didn't even try for a few pushups.

Nutritionist Theresa Albert was shocked when I told her what I've been eating.

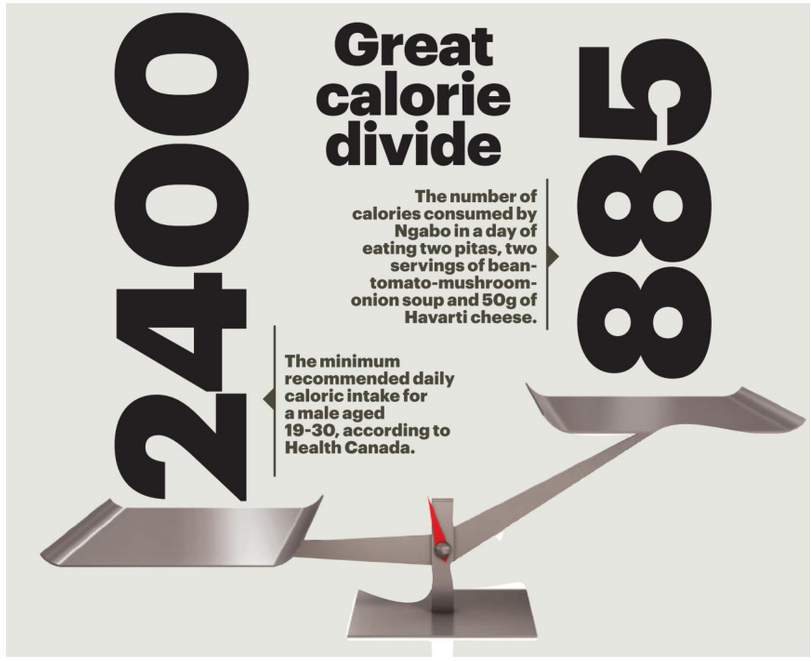
"Very poor diet," she said, advising that I need regular nourishment and more varied foods, as well as enough calories.

Studies show that men aged 19 to 30 should consume at least 2,400 calories a day to maintain a healthy body. With $1.75 as a daily food budget, I'm not even getting half of that.

If I continued on this diet for an extended period of time, some critical processes in my body would start to shut down, such as my brain and immune system, Albert told me.

It made me think of all the kids from poor families, going to school with half-empty stomachs. If I can't concentrate on reading a piece of news after only two days on this challenge, how are they going to sit in a class all day and follow their teachers?

BY THE NUMBERS Health Canada versus the $1.75 diet


2400
Great calorie divide
885
The number of calories consumed by Ngabo in a day of eating two pitas, two servings of bean-tomato-mushroom-onion soup and 50g of Havarti cheese.
The minimum recommended daily caloric intake for a male aged 19-30, according to Health Canada.

LAWSUIT

Sex was consensual, claims son of Tim Hortons co-founder

The "Destination Fox Harb'r Too," owned by Tim Hortons co-founder Ron Joyce. In a statement of defence, Joyce's son Steven denies attacking a woman aboard the luxury megayacht last October. COLIN PERKEL/THE CANADIAN PRESS

The son of Tim Hortons co-founder Ron Joyce says the sex he had with a woman accusing him of assaulting her aboard a luxury megayacht was "vigorous" but always consensual, and sometimes included other women, according to court documents filed Wednesday.

In a statement of defence obtained by The Canadian Press, Steven Joyce denies attacking Elizabeth Kelly aboard the "Destination Fox Harb'r Too" last October.

He also argues that her $5.75-million lawsuit, which has caused him and his family "profound embarrassment and humiliation," was nothing more than an attempt to force him to pay her "significant" money.

"Steven and Elizabeth's sexual relationship included a wide variety of consensual acts, including anal intercourse," the statement asserts.

"On many occasions, that consensual sexual activity was vigorous."

Earlier this year, Kelly sued Joyce and his billionaire father Ron Joyce, alleging the son had sexually and physically assaulted her on the yacht in Fort Lauderdale, Fla.

The Toronto woman, who was in Florida to celebrate her 50th birthday, said she and a friend were aboard the yacht at the invitation of the younger Joyce, who is in his late 40s.

According to her claim, Kelly and Joyce were in bed when he invited another woman to join them in bed. When the other woman refused, she says, Joyce grabbed the woman and tried to force her onto the bed. In the ensuing melee, Kelly said she suffered serious and permanent injuries to her hand.

She also alleges that she and Joyce were leaving the upper-deck hot tub later that day when he attacked her.

"Steven Joyce, without warning, suddenly and inexplicably, forced the plaintiff face down on a chaise lounge and subjected the plaintiff to a vicious sexual battery," her claim states. THE CANADIAN PRESS

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Drone lands on Japan PMO's roof

Authorities probe a drone on the roof of the Japanese prime minister's office. KOTA ENDO/KYODO/THE ASSOCIATED PRESS

SECURITY

Incident raises alarm over potential for terror attacks

Japanese authorities said they were investigating after a small drone laced with traces of radiation was found Wednesday on the roof of the prime minister's office, sparking concerns about drones and their possible use for terrorist attacks.

No injuries or damage were reported from the incident. Prime Minister Shinzo Abe was in Indonesia to attend an Asian-African conference.

Police said it was not immediately known who was responsible for the drone. They were investigating the possibility it had crashed during a flight.

Chief Cabinet Secretary Yoshihide Suga said a drone landing at the prime minister's office was a wake-up call to problems caused by the unmanned aerial devices, including the possibility of terrorist attacks when Japan hosts a Group of Seven summit next year or during the 2020 Olympics in Tokyo.

"There is a possibility that drones might be used for terrorist attacks," Suga said.

The drone was about 1.7 feet in diameter and had four propellers. It carried a small camera and a plastic bottle with unidentified content inside, according to Tokyo police.

It said the bottle is believed to be the source of the radioactive contamination. It also had a symbol that warns of radioactive material. THE ASSOCIATED PRESS

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CALIFORNIA LAWMAKERS APPROVE MANDATORY VACCINATIONS FOR SCHOOLCHILDREN Tianna Hazard of Oakland wipes tears on Wednesday as she and her nine-month-old daughter leave a hearing at the Capitol in Sacramento, Calif., where lawmakers approved a measure requiring schoolchildren to be vaccinated. The bill was approved by the Senate Education Committee on a 7-2 vote.
RICH PEDRONCELLI/THE ASSOCIATED PRESS

IN BRIEF

Rescue from tracks
A man was rescued from the tracks at a Washington, DC Metro station Tuesday after his wheelchair rolled off the platform. Two bystanders jumped onto the tracks to lift the man and his wheelchair up on the platform. It wasn't clear why the motorized chair rolled off. THE ASSOCIATED PRESS

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Migrants crowd an inflatable dinghy as rescue vessel Denaro (not pictured) of the Italian Coast Guard approaches them off the Libyan coast in the Mediterranean Sea on Wednesday. In the background is a merchant ship. ALESSANDRO DI MEO/ANSA VIA THE ASSOCIATED PRESS

Italy seeks EU help on migrant crisis

HUMAN TRAFFICKING

Some 90% of smugglers' boats leaving from Libya

Italy pressed the EU on Wednesday to devise robust steps to stop the deadly tide of migrants crossing the Mediterranean, including considering military intervention against smugglers and boosting UN refugee offices in countries bordering Libya.

"We know where the smugglers keep their boats, where they gather," said Defence Minister Roberta Pinotti. "The plans for military intervention are there."

Some 90 per cent of smugglers' boats leave from Libya, where the lack of a central authority coupled with extremists affiliated with ISIL have contributed to chaos and lawlessness that have allowed criminal trafficking networks to proliferate.

Pinotti said Italy was willing to take the helm of any military intervention if asked and as long as it is carried out as an international mission, backed by the United Nations.

Pinotti spoke a day before EU leaders hold an emergency summit in Brussels called in the wake of a shipwreck off Libya last weekend that may have killed more than 800 migrants. It would be the highest known loss of migrant lives in a single incident in the Mediterranean.

Ahead of the summit, Premier Mario Renzi called for EU leaders to approve three key proposals: doubling the resources and assets of the current EU border patrol mission; destroying smugglers' boats; and improving co-ordination across the EU for transferring asylum seekers. THE ASSOCIATED PRESS

UN RESPONSE

UN secretary-general Ban Ki-moon is urging European leaders to act swiftly to address the growing migrant crisis during their emergency summit Thursday and says he will discuss the issue in his audience with Pope Francis next week. Ban's letter to European Council president Donald Tusk urges European Union leaders to consider the UN refugee chief's proposals for a stronger EU search-and-rescue operation and more legal migration channels. "We all have a moral imperative to act swiftly," Ban says in the letter obtained by The Associated Press. THE ASSOCIATED PRESS

IN BRIEF

Saudis launch airstrikes on Yemen rebels after saying operation over

Saudi-led airstrikes targeted Iran-backed rebels and their allies in Yemen on Wednesday, hours after Riyadh declared an end to a nearly month-long air campaign. The Shiite forces later said they would welcome United Nations-led peace talks to end a conflict that's killed hundreds without dislodging them from the capital.

The rebels, known as Houthis, say they want a resumption of dialogue.
THE ASSOCIATED PRESS

PARIS

Extremist shoots himself in the leg

An extremist with an arsenal of loaded guns was prevented from opening fire on churchgoers only because he accidentally shot himself in the leg, French officials said Wednesday.

The 24-year-old computer-science student, who was also suspected in the death of a young woman whose body was found on Sunday shortly before his arrest, had been flagged as a risk for intent to travel to Syria, but there had been no specific reason to open a judicial investigation, Interior Minister Bernard Cazeneuve said Wednesday.

Paris Prosecutor Francois Molins said the suspect — an Algerian who had lived in France for several years — was arrested in Paris on Sunday after he apparently shot himself by accident and called for an ambulance.

He was waiting outside his apartment building for first aid when police arrived. They followed a trail of blood to his car, which contained loaded guns.
THE ASSOCIATED PRESS

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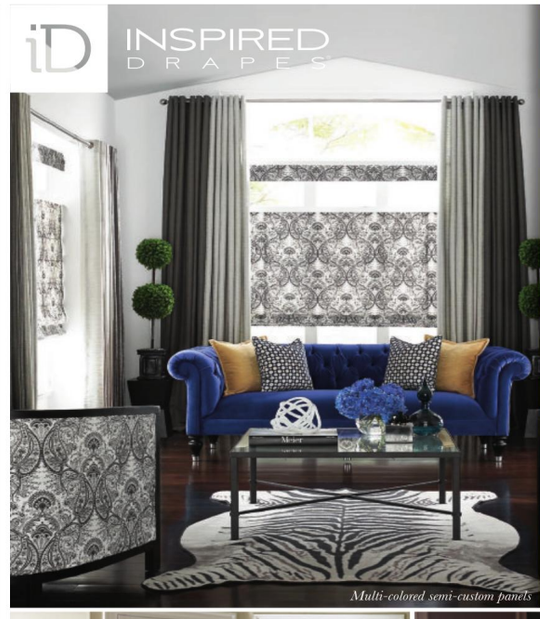
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FEDERAL BUDGET

Harper shrugs off Oliver's comments

Stephen Harper shrugged off controversy Wednesday over his finance minister's assertion that potential future problems created by his budget should be left to the prime minister's granddaughter to solve.

Harper characterized Joe Oliver's comments as a sarcastic bid to dismiss "a clearly preposterous argument" that boosting the maximum amount Canadians can put into tax-free savings accounts will drain billions from the federal treasury over the coming decades.

But opposition leaders pounced on Oliver's remark as proof of their claim that the Harper government is making a fiscal mess and sticking future generations with the cost of cleaning it up.

"Leave it to our grandchildren. Really?" NDP Leader Tom Mulcair told the House of Commons.

"I have grandchildren and like so many grandparents I do not want to leave the responsibility for cleaning up the prime minister's mess to my grandchildren."

Liberal Leader Justin Trudeau chimed in: "Since when does Canada burden our grandchildren instead of building for them?"

Harper countered by citing numerous measures contained in Tuesday's budget that he maintained will be of benefit to future generations - including almost doubling to $10,000 the maximum individuals can contribute yearly to their TFSAs.

"Balancing the budget is good for future generations," Harper said.

"Cutting taxes and allowing people to save and keep money in their own pocket is good for future generations. Giving money to Canadian families so that they can raise their children is good for future generations."

Estimates provided by the parliamentary budget officer and the government itself suggest the federal treasury will lose more than $1.3 billion in tax revenue this year as a result of the TFSAs.

Both Mulcair and Trudeau oppose doubling the maximum contribution to TFSAs, a move they argue will benefit primarily wealthy Canadians.

THE CANADIAN PRESS

IN BRIEF

Super Bowl ad creators not diverse bunch: Study

While Super Bowl XLIX commercials were more sensitive and less gender offensive than in past years, women and people of colour remain underrepresented among the creative directors, says a diversity study released Wednesday.

It found that of the 42 Super Bowl ads in 2015 for which data was available, only three featured exclusively a person of colour as the lead creative director. As for gender, 81 per cent of the creative directors were male. Only seven per cent were exclusively female. THE ASSOCIATED PRESS

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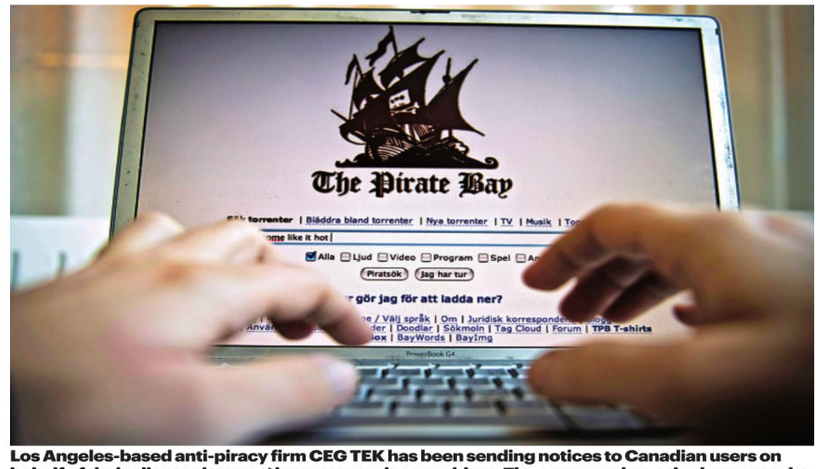

Los Angeles-based anti-piracy firm CEG TEK has been sending notices to Canadian users on behalf of their clients via users' internet service providers. The company has asked anyone who illegally downloaded content to compensate the owner. MARC FEMENIA/THE ASSOCIATED PRESS/ SCANPIX

Canadians targeted by firm over piracy

INTERNET

U.S.-based company seeks $150 to $450 from users

Megan Haynes
For Metro

An L.A. company is asking thousands of Canadians to cough up hundreds of dollars each for illegally downloading videos, taking advantage of recent changes to the Copyright Act.

CEG TEK, an anti-piracy firm that works on behalf of content owners, has been emailing notices to Canadians via internet service providers (ISPs). The notices allege piracy on the part of the recipients, and offer settlements, which range from $150 to $450, to "prevent legal action." The ISP TekSavvy recently posted a copy of one such notice online, and other recipients have also done so.

But Jake Enwright, press secretary for Industry Canada Minister James Moore, said that, while the notices don't violate Canadian law, "there is no obligation for Canadians to pay these settlements," adding that the ministry's aim is to combat online piracy not by penalizing consumers but by educating them that the practice is illegal and hurts content producers.

In an email interview, Kyle Reed, chief operating officer at CEG TEK, wouldn't confirm how many emails the firm has sent to Canadians or how many recipients have opted to settle. But Bram Abramson, chief legal and regulatory officer at TekSavvy, which has 250,000 customers, said his company forwards approximately 1,300 notices a day, over half of which are from CEG TEK.

Through the end of 2014, copyright holders or their representatives could send infringement notices to ISPs, but the ISPs were not legally required to forward the notices to end users. But changes to the updated Copyright Act, which came into effect on Jan. 1, requires that all infringement notices be forwarded.

What's more, there is no fee associated with sending these emails, Abramson said, despite lobbying efforts from the ISPs to include a small fee. He says this would prevent sending out mass quantities of emails.

NOT SO FAST

ISPs require court order before providing user info

Internet service providers have said they will hand over clients' identities only under a court order.

The only way content owners can track piracy is through the anonymous IP addresses, the uniquely assigned identifiers of Internet connections.

In Canada the maximum penalty for digital copyright infringement is $5,000.

Michael Geist, research chair in Internet and e-commerce law and professor at the University of Ottawa, said ultimately, the cost of setting up auto-forwarding and monitoring of these notices was pushed onto the ISPs, who ultimately will pass these costs on to consumers.

CEG TEK, which began operating in Canada on Jan. 2, 2015, has been active in the U.S. since 2009. It made the news last September when it sent out a blitz of emails on behalf of Millennium Films going after people who illegally downloaded The Expendables 2 and 3, asking for upwards of $300 in settlements, according to media reports. Reed claims CEG TEK's model is the only proven method to decrease content piracy, and claims there has been a reduction in clients' content downloaded here in Canada. "We are unaware of any law or regulation that prohibits presenting a settlement opportunity, and we are unaware of anyone at Industry Canada ever asserting that a notice from CEG TEK was in any way in violation of Canada law," he added.

Stephen Ellis, the co-chairman of the copyright committee at the Canadian Media Producers Association, which fought for stricter changes to the Copyright Act, said going after consumers for a few hundreds dollars isn't the way to curtail piracy.

Rather, he said, efforts should be geared at those profiting from the pirated material by posting them online in the first place.

metro VIEWS
Your essential daily news
Thursday, April 23, 2015

Policy deficit hides behind the surplus

POLITICS
Chantal Hébert

In one of his more exuberant moments in the role of Conservative cheerleader, Public Safety Minister Steven Blaney called Tuesday's pre-election budget his "best-seller."

Listening to the Quebec minister on Montreal radio, one could easily picture him clutching the budget to his chest as he spoke.

It is even possible that he slept with the 300-page brick under his pillow. After all, it devotes an entire chapter to his public safety file.

Over the years Blaney's faith in Stephen Harper has been shown to border on religious and he has exhibited a zeal in defending the government's agenda that is second to none among cabinet members.

Still, in this instance, the minister's giddiness reflects the mood of his government colleagues as they fast-forward to the upcoming campaign.

Given a choice, it is a rare MP seeking re-election who would not prefer coming to a voter's doorstep bearing gifts.

Tuesday's budget fulfils most, if not all, of the fiscal commitments undertaken by Harper — starting with a fresh dose of tax relief now that the books are (tenuously?) balanced. Anyone holding out for that promised adult-fitness tax credit should know that it is work in progress ...

For better or for worse the budget reflects the philosophy of the ruling Conservatives.

They will be comfortable selling it on the campaign trail.

But the budget's greatest strength is also its main weakness for it stands to reinforce the very reason why a majority of voters opted to support one of the other parties four years ago.

Those voters were, for the most part, driven to other choices by a deficit of Conservative policy ambition on almost every front — from the environment to social programs — that used to account for a significant part of the mission of past federal governments.

Tuesday's budget compounds that deficit.

The environment is covered by a few paragraphs but the words "climate change" are blatantly absent from its numerous pages.

If anyone remembered that, back in 2005, offering Canadians a wait-time guarantee for medical care was one of the five priorities of the Harper Conservatives, he or she was not in the room when the 2015 budget was drafted.

So entrenched is the government's pro-tax-cut bias after nearly a decade in power that it chooses to offer relief to voters in less-than-pressing need rather than address policy areas in dire need of attention.

And so it is that Canadians who have $10,000 a year to spare on a tax-free savings account (TFSA) get a break, but urban commuters who endure daily traffic jams to get to work would have to wait for the second half of a fourth Conservative mandate before a major federal boost to public transit materializes.

Chances are swing voters still believe in a more activist government than the one Harper is offering.

A wise opposition would spend little time illustrating the fragility of the balancing act that has brought the Conservatives to exhibit a surplus in the budget.

That only undercuts the other parties' already reduced capacity to strike a credible course that is both different from that of the Conservatives and appealing.

The government's budget does paint the picture of steadily increasing budget surpluses — even after the full implementation of the latest round of tax cuts.

Choosing not to implement at least some of those cuts wouldn't necessarily come at great political cost. The government's spending priorities over the longer term are not cast in stone. They are subject to its re-election in the fall.

In the last election Harper made the promises he is now delivering conditional to the government's fiscal performance.

There is no reason why the opposition parties cannot similarly present Canadians with a blueprint designed to live up to the full ambitions of its authors over more than a single budget cycle.

With this budget, the Conservatives are hoping to bring back under their tent the voters who supported them four years ago but have since gone missing in the polls.

Many of them were Liberal sympathizers unhappy with Michael Ignatieff's campaign.

More than a few have come home since Justin Trudeau became party leader.

If they voted for Paul Martin or Jean Chrétien in the past, chances are those swing voters still believe in a more activist government than Harper is offering in this bare-cupboard budget.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

metroview

We don't know their names, but they're still our problem

"I wish I had their names," the caller said.

Ronke from Greenwich was on a U.K. radio show debating controversial Sun columnist Katie Hopkins over the hundreds of thousands of migrants who are increasingly charting a dangerous course over the Mediterranean to reach the shores of Italy, and a life in Europe.

An estimated 800 people from Syria, Eritrea and other countries drowned on the weekend. Only 27 on board the boats survived, according to the UN. European leaders are in Brussels to push through an emergency plan that boosts patrol and rescue operations and increases efforts to settle migrants.

In a column that has sparked calls for her firing, Hopkins compared migrants to cockroaches. "Gun ships," like those deployed to keep migrants out of Australia, is the solution, she wrote.

Her "turn them back" ideology has support in Europe, and it doesn't fall far from the ideology behind our own government's effort to evict about 70,000 longtime migrant workers, so Canadians have first dibs on their jobs.

In the words of New Yorker writer Mattathias Schwartz, referencing illegal immigrants in the U.S., "the goal of Western immigration policy is to keep people out." And clearly it's not working.

"We can't afford at the moment to take on the problems of the world," Hopkins said during that radio call. "I do believe these boats need pushing back."

So simple, isn't it? Except it is, of course, not a solution.

The images of drenched and terrified survivors that covered newspapers this week is about so much more than any one person's desperate attempt to escape horrors at home. It is about colonial pasts, current wars, and corporate greed in countries like Eritrea, where there are allegations of a Canadian mine using forced labour.

It's about Western lifestyles dependent on poor nations with terrible human rights records (think Bangladesh and the garment industry). It is about politics, domestic and international, and identity — what your race and nationality says about where you belong. (An Ekos survey last month found that 41 per cent of Canadians think there are too many visible-minority immigrants.)

Hopkins can delude herself that none of that is an English, or Western, problem. I cannot.

The hundreds who died weren't the first, and they won't be the last. A reported 170,000 people crossed the Mediterranean last year, and more are expected in 2015.

We may never know their names, Katie Hopkins, but that doesn't mean their plight is not our problem.

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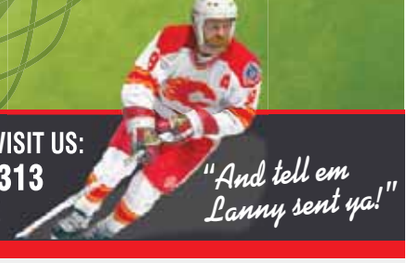

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Your essential daily news

Sandra Bullock is the World's Most Beautiful Woman, according to People Magazine.

McLaren's modern malaise

Leah McLaren's new novel follows the unravelling of a relationship thanks to built-up resentments. LIZ BEDDALL/METRO

NEW NOVEL

Messy marriage tale unearths the roots of resentment

Melita Kuburas
Metro | Life

Leo Tolstoy was wrong when he wrote, "All happy families are alike; each unhappy family is unhappy in its own way" — all unhappy families are alike, too.

At least the families headed by 30-something, urbanite yuppies tend to be.

When the Russian author wrote the famous opening of Anna Karenina, the world hadn't yet been introduced to the troubled marriages of Nick and Amy Dunne in Gillian Flynn's Gone Girl, or, more recently, Nick and Maya Wakefield in Leah McLaren's new novel, A Better Man.

Both books follow the unravelling of a relationship in which two people come to resent one another in a way only former lovers can. In both marriages, that acrimony builds thanks to a blame-game dynamic that's a result of interrupted careers, manipulative personalities, infidelity, and uprooted gender roles.

"Having been in quite a few unhappy relationships, I have to say, it does feel quite similar," laughs McLaren, a London-based journalist who writes a column for the Globe and Mail.

She laughs at the comparison between her book and Flynn's blockbuster, which was turned into a movie last year. "I really hope that this book reminds everyone of Gone Girl, and every single person who bought Gone Girl can buy this book. Then my next divorce would be extremely expensive!" she jokes, during a visit this week to Toronto.

Divorce is the cloud that hovers in A Better Man, released by HarperCollins late last month, as the main character, Nick, suddenly becomes generous with his time and attention — remembering to bring the banana-nut bars during an outing with the kids, and not criticizing his wife's poor choice of wine at dinner.

He pretends to be the perfect husband on the advice of a lawyer — if he gives saving their marriage a college try, his wife, Maya, will be guilt-ridden enough to take it easy on him in their divorce settlement.

The premise is based on an actual trick used by high-billing divorce lawyers, McLaren says.

"It's quite the cynical ruse, but not unheard of in the annals of family law, as horrifying as that might seem," she tells Metro. It's especially not unheard of in London, where the "super rich of the world" have had to divvy up their assets according to England's equitable divorce policy, she adds.

"I wanted to write about that stage of life of being married and having small children, and just how very, very intense it is," McLaren says. "Suddenly there's this crazy intersect, particularly for women, when the biggest years of career coincide with the same years you're supposed to have children. And it's just insane."

Career-driven women who leave their jobs may throw their energy into attachment parenting, as does Maya, an attorney who finds herself traversing between toddler yoga classes, the gym and therapy sessions. She gets her thrill from visiting a posh salon in a gritty neighbourhood, and worries she has become "a hopeless bourgeois cliché — an overeducated, underemployed housewife on the verge of an affair with her personal trainer."

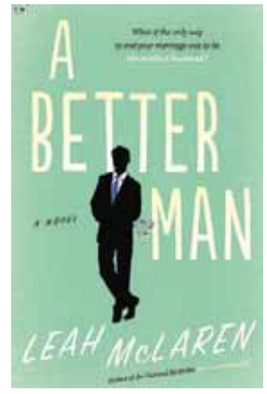
In other words, she's the opposite of "Cool Girl," as ranted against in Flynn's novel by Amy Dunne. "Being the Cool Girl means I am a hot, brilliant, funny woman who adores football, poker, dirty jokes, and burping ..."

Maya's all-consuming, helicopter approach to parenting becomes a turn-off to Nick, who imagines sex with his wife as a kind of "erotic duty."

"Nick and Maya fall into stereotypical gender roles, and that's part of their problem," McLaren says.

"There is a real division of labour that happens and as women give birth it will often end up being a woman who then (makes) concessions, career-wise," she says.

The resentments that rise up as a result — her loss of status, his sense of being shut out of the family — turns out to be the book's exploration of what in modern times has become a common problem.



> **He's living a life of distraction. All the women, all the booze, all the work. The beautiful, tailored exterior — it's all just a big sideshow.**
> Leah McLaren, on similarities between her main character, Nick, and Mad Men's Don Draper, another of pop culture's bad husbands

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Time puts its best face forward

WATCHES

Make the latest timepiece trends work with your style

Jesse Ship
Metro | Life

Konstantin Täts (aka @spentologist) is a self-professed watch hoarder who boasts over 25 timepieces in his collection — yet he still can't help checking the time on his phone every once in a while.

Digital technology has become ubiquitous these days from toasters to car engines, and while he's a fan of the innovation of the Apple Watch and newly announced partnerships from the likes of Tag Heuer and Microsoft, Täts, a Toronto-based commercial realtor, will always be in love with the mechanical aspect of his timepieces.

"Every day I put on a watch, no matter what I'm wearing because it can be made to be both luxurious, sporty and fashionable depending on the way you dress it up or down. As well, a watch's movement has a similar beat to our hearts — it's a very natural thing to wear."

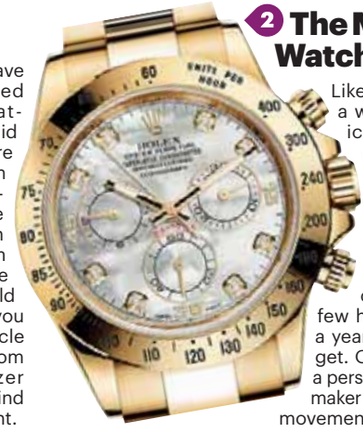
To check out what other watch enthusiasts are sharing online, follow #RedBar on Instagram.

Täts says the meetups he takes part in are "a bit of an exclusive club ... since sometimes over two million dollars worth of glass are on the table. But if someone wants to attend and they are a watch person, then we can work things out."

We spoke to experts about five of the more interesting watch trends on the market these days, and how to make them work with your look.

1 The Antique Pocket Watch

The owner may have received it passed down by a great-grandfather who hid it who knows where during time spent in the trenches of Gallipoli, or maybe the owner is just be an unabashed steam punk fanatic. Exude an aura of old world sophistication as you adjust your monocle and pull one out from your tweed blazer breast pocket to wind the daily movement.



2 The Mechanical Watch

Like a well-crafted Porsche, a well-maintained mechanical watch will most likely outlive its owner. Some — like the Rolex Paul Newman (starting at $25,000) or Daytona (starting at $10,000), may never go out of style, but for the serious collector, a "grand complication," made of a few hundred parts that takes a year to make is the ultimate get. Owners claim they create a personal bond with the watchmaker by wearing one due to the movement's fine-tuning.

3 The Swatch

Launched in the '80s, Swatch set the Swiss economy back on fire with their low price points, cheery designs and interchangeable straps and faceplates. Despite their plastic bodies, quartz movements, and a plethora of commemorative editions, the populist brand still pushes out sought-after collectable pieces, especially the recent Sistem51 ($150), a mechanical marvel made by a robot, composed of just 51 parts. Sporting a Swatch shows that you're a fun-loving individualist who doesn't take life too seriously.

4 The Trendy Watch

Timepieces with overstated faceplates are bound to get attention and help you stand out from the crowd at the club or in the boardroom. Diesel's ($170-$510) monstrous and metallic shiny bodies, Michael Kors' ($300-$579) signature rose gold and tortoise tones and U.K. newcomer Olivia Burton's ($120 - $230) vintage-inspired faces are snapping up customer sales. The trend is also seeing retail trendsetters like J. Crew teaming up with Timex ($114 - $172) for vintage-inspired military watches with quartz movements to keep the look perpetually in style.

5 The NATO

First introduced to the public by James Bond's Goldfinger (1964) where it was used to secure his Rolex Submariner to his wetsuit, the British military picked up the woven nylon style for their soldiers in the '70s. Today, NATOs have reached mainstream, and interchangeable straps can cost as little as $15 and go up to hundreds as crafty independent designers like Coq Straps and AP Bands have made use of fine leathers and stainless steel components for added personal flair. That might have the watch snob in your life giving the NATO a second glance.

IT'S ALL ON THE WRIST WEARING AN APPLE WATCH FROM DAWN TO DUSK

Apple's first new product in five years — and the company's first wearable gadget — makes its debut today in nine countries, including Canada. Apple Watch (from $449) is worn on your wrist like a regular watch, but Apple's "most personal device we've ever created" goes above and beyond merely telling the time — especially when there's a nearby iPhone 5 or later to unlock its full functionality. A glimpse at how Apple Watch could revolutionize your day. MARC SALTZMAN

7 a.m. Apple Watch's vibrating alarm wakes you – without disturbing your significant other. While getting dressed, you glance at the animated watch face which also shows the current weather and when your first appointment is.

7:45 a.m. Raise your wrist and say "Hey Siri, Workout." Select "Outdoor Run" from the list of exercises, followed by a time, calorie burn or distance goal. Bluetooth headphones let you listen to music playing on the watch. Your watch can calculate your heart-rate after the run.

10:09 a.m. While at the office you feel a tap on your wrist and look at the screen: "BBQ for dinner?" While you could reply with a pre-set answer or dictate a new one, instead you send an animated thumbs-up. While you're at it, tell your watch to remind you to pick up flowers at 5 p.m.

1 p.m. Apple Watch notifies you of an upcoming appointment at a new café. You're not quite sure where it is, so you tap to open the Maps app to get turn-by-turn directions. A call comes in while walking down the street. Answer it on your watch and leave your phone in your pocket.

3:30 p.m. You've been sitting at your desk for a long while, so your wrist buzzes to tell you to stand up and move around a bit. While getting a glass of water from the cooler you check the Activity app on the watch, which shows how close you are to your daily movement goals.

8:05 p.m. Your favourite basketball team is up 20 points at half-time — something your wrist discreetly tells you while taking a walk. A couple of swipes across the screen also shows some email you need to deal with later and a reminder to check into tomorrow's flight to New York.

10:09 p.m. After a relaxing round of Trivia Crack — one of the games you can download to Apple Watch — you realize it's time to charge it up. Attach the magnetic charging "puck" to the back of the watch and plug the other end of the cable into your computer's USB port.

ALL PHOTOS CONTRIBUTED; APPLE WATCH PHOTO ILLUSTRATIONS: DAVID VAN DYKE

Marking 30 years of classic American cool

INTERVIEW

Tommy Hilfiger on brand DNA, his style icons

Tommy Hilfiger says an all-American lifestyle has always been one of his sources of inspiration. As his namesake brand celebrates its 30th anniversary, the designer discusses his success, and his upcoming memoir.

Designer Tommy Hilfiger at Fashion Week in New York City. GRANT LAMOS IV/GETTY IMAGES

Rafael Nadal has been named your brand ambassador — can you comment on this?
I'm continuously inspired by his dedication and passion for his sport. Rafael's style is effortless and really exemplifies our brand spirit — he's fun and cool, and doesn't take it too seriously.

Did you think the brand would grow to be this big?
I dreamed of having a globally recognized lifestyle brand but I never could have expected that our company would grow on such an incredible scale. We are very proud that today we have over 1,400 stores in more than 90 countries worldwide.

What is the key for a brand to succeed for so long?
Our signature look celebrates the East Coast Americana lifestyle with a West Coast twist that's laid-back, confident and cool. Our success has come from defining this clear brand DNA and staying true to this heritage, and we love to see how our customers worldwide interpret our designs.

Why is America your main inspiration?
I have ... always been drawn to iconic Americana and pop culture; some of my favourite style icons include Steve McQueen, Grace Kelly, James Dean and Jackie O... Each has made a permanent mark in music, film or culture.

What will be in your memoir?
I'll be publishing my memoir in 2016 with Random House. I'll share my stories from all the milestone moments that have defined my career and my personal life. AFP

SUSTAINABILITY

From plastic bottles to your next jacket

If you buy a new coat from The North Face in 2016, it will likely be made from recycled content if, indeed, they meet the lofty goal they announced this week in which they aim to use 100 per cent recycled polyester by then.

Polyester makes up nearly 80 per cent of the fabric they use, so meeting their goal would mark a significant push for sustainability on their part.

The sportswear manufacturer hopes to use recycled plastic, thereby providing a much-needed outlet for used water and soda bottles.

The North Face says they will reduce dependence on fossil fuels, for the polyester manufacturing process has a lower impact on air and water resources if reusable materials are resourced.

Made entirely from recycled content, their Denali jacket is an existing example of products that meet their goal.

It's not the first time The North Face has taken the initiative to improve the integrity of their products.

In January 2014, The North Face drafted the Responsible Down Standard, vowing to source only cruelty-free down, avoiding farms that practise live plucking or force-feeding.

They gave the draft to the Textile Exchange to use as a standard for brands seeking a judiciously sourced supply of the coveted, ultra-warm filling and brands such as Marmot, Eddie Bauer, Helly Hansen and Mammut now purchase RDS-certified plumes from Allied Feather & Down.

The North Face hopes to achieve 100 percent RDS-certified down across the spectrum of its products by fall 2017. AFP

The women's Denali Jacket
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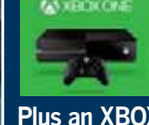

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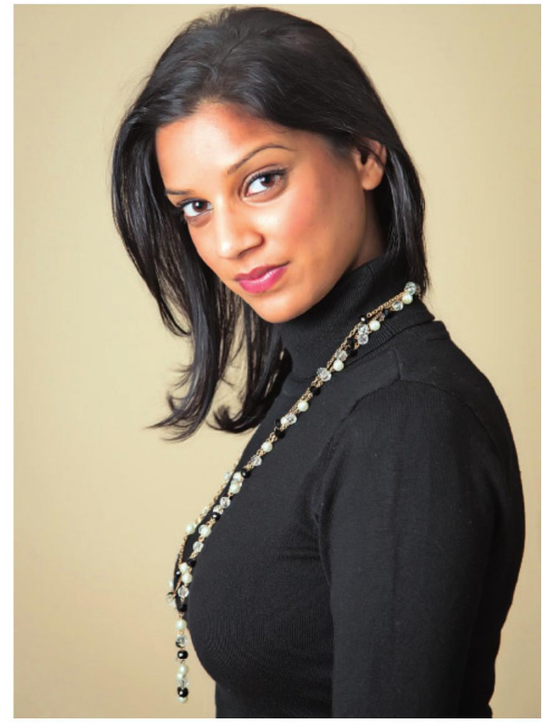
Breaking free of great expectations

DEBUT

First-time novelist's tale has personal parallels

Liz Brown
Metro | Life



Sabrina Ramnanan says part of her research for her novel was going to Trinidad to just soak in the people, food, sights and smells. CONTRIBUTED

As she wrote her very first novel, Sabrina Ramnanan only had to look to her father when she needed to verify facts about Trinidadian village life in the 1970s.

The Toronto-raised daughter of Trinidadian parents, Ramnanan always relished her dad's stories about his life in the Caribbean and visited the island nation herself several times while growing up.

"My dad is a very vivid storyteller. He's almost been prepping me all my life to write this book because he's told me all these wonderful stories and they haven't been written down," she says.

Ramnanan combined the tales of her parents with her own experiences on the island to build a story of forbidden love and a spirited young woman's break from small-town life.

That story began as a personal project for the University of Toronto's creative writing certificate program, but soon caught the eye of a senior editor at Doubleday Canada who eventually would offer her a book deal.

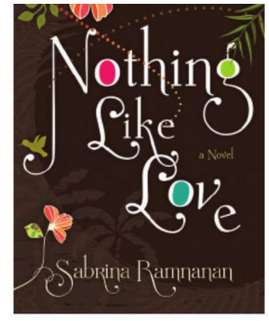
"I feel so fortunate," she says, seated at a table in the O&B Canteen on the ground level of Toronto's TIFF Bell Lightbox Theatre.

"Who would have known that this story I began working on five years ago — to entertain myself — would be received so well?"

Ramnanan's book, Nothing Like Love, is fast-paced and at times funny. The heroine, Vimla Narine, is an 18-year-old schoolgirl poised for village greatness.

She aces her exams and is offered a coveted teaching position, but all that goes awry when it's discovered she's been secretly courting the pundit's son, Krishna Govind. On the surface, the book seems like a typical forbidden love story, but it's more than that.

The discovery of Vimla and Krishna's secret affair reverberates through the community and affects a number of people in different ways. "It's really about autonomy," says Ramnanan. "Vimla just wants to do what Vimla wants to do."



> **Who would have known that this story I began working on five years ago — to entertain myself — would be received so well?**
> Sabrina Ramnanan

The storyline hits autobiographical notes for the 32-year-old Ramnanan. She too, became a teacher.

"I thought it was practical," she admits.

"There is some of that in Vimla.

"She does what is expected of her, she gets that teaching post and she gets swept up into it, but does she really want to do it? I don't think so."

Ramnanan says in her heart she always wanted to be a writer, so while working as a supply teacher, she began taking continuing education courses in creative writing. "I became obsessed with the classes because they kept me writing," she says.

Now, with her success — a first novel picked up by a major publisher — she has a new philosophy.

"I think when you do what you know deep down you are supposed to be doing, things work out the way they should.

"When you do what you're not supposed to do, or what other people think you should do, you come up with all these struggles that you wouldn't have had if you'd just followed your heart."

Haylie Duff cooking up good ideas

LIFE SKILLS

The culinary school dropout believes anyone can learn to cook like a pro

If you'd like to become a better cook but are intimidated by the learning curve, take a page from Haylie Duff. The actress hosts Real Girl's Kitchen on the Cooking Channel and cheerfully calls herself "the cooking school dropout." After her lifestyle blog (also called Real Girl's Kitchen) started taking off, Duff thought she might like to take some classes, but movie shoots kept taking her away, and eventually Duff concluded she could get by without lessons. "If I can learn through trial and error, so can other people," she says. The new season of the show will feature a range of dishes, something Duff says she loves. "We're not really ever stuck in one style of food." Tune in for fresh takes on ramen, a "killer" steak and Greek meatballs. We got a little inside info from Duff on what her can't-miss kitchen items are.

Fave flavours

Garlic is often a key part of any cook's repertoire, and Duff is no different. She says a garlic press is "definitely" one of her must-haves, and anyone who's ever struggled through chopping up a tiny garlic clove knows the feeling. "I feel like I use that so often because I hate having to sit there and chop garlic forever.

Skip the squeezing

Juicing lemons by hand is all too often a foolproof test to find out if you've got any paper cuts. That's why Duff recommends getting a lemon squeezer. "I put lemon in a lot of food, so any time that I can avoid having to pick out seeds and things like that, I love it," she explains. "I feel like it's my go-to."

Actress and lifestyle blogger Haylie Duff serves up a variety of recipes and ideas on her TV show Real Girl's Kitchen. HANDOUT/ORA.TV

Get by with a little help

Your knife skills may be without par, but there are times when it helps to get that little bit of extra assistance.

That's why Duff recommends a mandoline. She says she uses hers "any time I'm making salad where I want to thinly slice radishes or celery. I have an apple fennel salad in my cookbook that I love and you basically can't make it unless you have a mandoline because everything is sliced really thin on it.

"It gives a professional feel to thinly sliced vegetables."

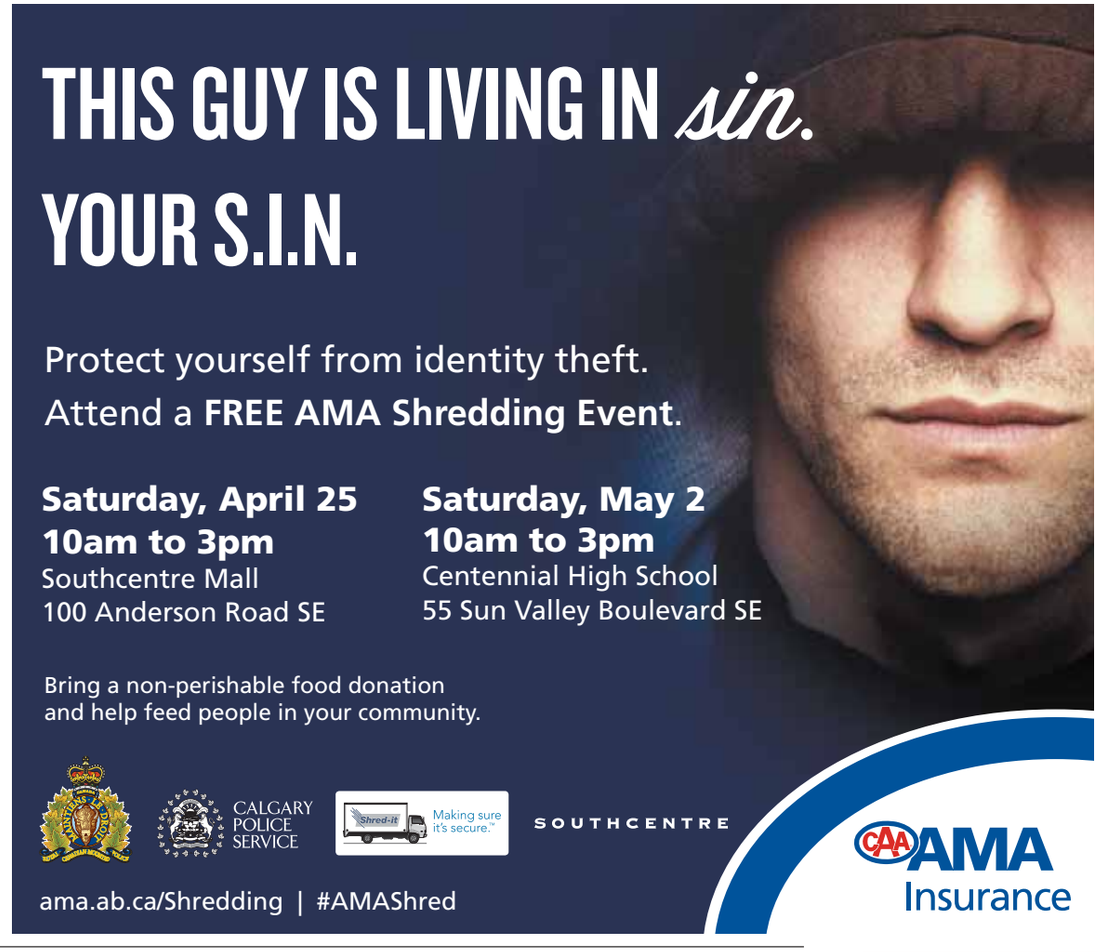
Chopping skills

Your kitchen won't be complete without a decent set of knives to get started.

Duff says that's pretty important, but acknowledges, "I have a bunch of knives, but the truth is I've got three that are just kind of my favourite, and I tend to go through those all the time.

"One's a little paring knife that's serrated so it chops through everything that's tiny, and then two big six-inch and eight-inch chopping knives."

LISA WEIDENFELD/METRO NEW YORK



RECIPE

Haylie Duff's Veggie and Yogurt Sandwich

Serves: 1

Ingredients

- 1 cup fat-free Greek yogurt
- 2 sprigs fresh dill, chopped
- 2 sprigs fresh mint, chopped
- 1 pinch sea salt
- 1 sliced carrot
- 1 sliced avocado
- 6-8 slices cucumber
- 1 handful arugula sprouts
- 1 handful chopped walnuts

Directions

Mix yogurt, dill and mint in a small mixing bowl.

Spread across both sides of bread.

Sprinkle with sea salt.

Layer remaining ingredients.

TEXTING

Poop emoji comes in at No. 1 ... not No. 2

Forget the smiley face: A new report suggests Canadians like to add a little spice to their textspeak with suggestive — and pungent — picture icons.

SwiftKey, a company that produces software for typing on mobile devices, analyzed how its users interspersed emojis into their messages over a four-month period.

The analysis included Google Android and Apple iOS users who typed in 16 different languages.

The report found Canadians were in the top spot for using the not-so-subtle poop emoji.

Canadians' use of emojis that could be considered raunchy or sexual was double the overall average.

And the use of violent emojis like guns, knives, punching fists, fires, explosions, skulls and bombs was 50 per cent higher in Canada compared to the overall average.

"Canadians score highest in emoji categories some may consider to be more American," the report notes.

THE CANADIAN PRESS

FASHION TRENDS

Givenchy to release the new 'it' bag

Givenchy has delved into the murky and fascinating depths of the oceans for the inspiration for its latest "it" bag, The Shark.

The Shark, which is available in three sizes, was first unveiled as part of Givenchy's pre-fall collection. It comes in a variety of colours and finishes including cream and black monochrome, brown studded leather and a dusky beige hue. It is set to hit stores this June. AFP

CONTROVERSY

Dr. Oz strikes back

Vowing that "we will not be silenced," television's Dr. Oz is fighting back against critics who are trying to get him removed from a faculty position at Columbia University.

Dr. Mehmet Oz will air an episode of his syndicated talk show on Thursday that specifically takes on the group of 10 doctors from around the country who wrote to a Columbia dean about him. The group suggested last week that Oz promotes "quack treatments" of weight loss supplements with no scientific proof that they work.

Oz taped a message previewing his show where he said he knows he has alienated people in "our quest to make America healthy."

But he said freedom of speech is a fundamental right of Americans, and the other doctors are trying to silence him.

THE ASSOCIATED PRESS

Dr. Mehmet Oz. GETTY IMAGES

Ben Affleck lobbied the host of Finding Your Roots to not reveal on the program that he had a slave-owning ancestor. GETTY IMAGES

Ben whitewashed slave owner roots

SONY HACK

Star wanted information omitted from PBS program

PBS is conducting an internal review following revelations that producers of Finding Your Roots may have violated the network's editorial standards after a request by Ben Affleck that the program not reveal he had a slave-owning ancestor.

Meanwhile, Affleck has expressed regret for seeking to have the information omitted from the episode that featured the actor and aired last October.

"We deserve neither credit nor blame for our ancestors and the degree of interest in this story suggests that we are, as a nation, still grappling with the terrible legacy of slavery," Affleck posted on his Facebook page Tuesday night.

The review by PBS and New York station WNET began Saturday, according to a statement released Tuesday by PBS spokeswoman Anne Bentley.

"We have been moving forward deliberately yet swiftly to conduct this review," she said.

In his Facebook post, Affleck acknowledges that, initially, "I didn't want any television show about my family to include a guy who owned slaves. I was embarrassed."

He says he lobbied Henry Louis Gates, the Harvard scholar who hosts and produces the show, "the same way I lobby directors about what takes of mine I think they should use."

"It's important to remember that this isn't a news program," Affleck said of Finding Your Roots, which traces the ancestry of well-known guests. Affleck's request came to light last week in hacked Sony emails published online by whistleblower site WikiLeaks.

Gates and PBS said then they didn't censor the slave-owner details. Instead, more interesting ancestors of the actor emerged and Gates chose to highlight them instead.

THE ASSOCIATED PRESS

GOSSIP NOTES

Garfield and Stone's web has permanently unwoven

After dating for more than three years — so basically a decade in Hollywood — Andrew Garfield and Emma Stone went on a "break" two weeks ago. But unfortunately this is no Ross and Rachel situation. According to Us magazine, a source close to the couple says they are done for good. Apparently, Andrew got a little too into character preparing for his role in Silence. "He's been in a dark place for months getting into the role. He wasn't being the best partner," a source tells the magazine. Can someone put this guy in a lighthearted rom-com next? Sheesh!

Jenner fuels speculation over upcoming interview

New photos appear to show former Olympic athlete Bruce Jenner in a striped dress outside his Malibu home. The New York Daily news published the photos a couple of days prior to Jenner's scheduled interview with Diane Sawyer. The interview is believed to be about Jenner's coming out as transgender. The Daily News reports that Jenner has been seen also wearing a sports bra: "A photo of the former Olympic gold medallist wearing what appeared to be a sports bra while riding his Harley Davidson motorcycle emerged Monday, leading many to assume the star had already undergone breast augmentation surgery." ABC will air Jenner's interview on Friday.

Amy Schumer gets no help from Kimye

In other Kardashian-Jenner news, Kim Kardashian and Kanye West totally got punked by Amy Schumer at the Time 100 Gala this week. She fake-tripped in front of the couple on the red carpet and sprawled herself on the ground, face first. Most people might lend a hand and help a girl up, but the couple just kind of stepped over her and carried on. Well, what else would you expect from Kanye, right?

EMILY LAURENCE/METRO NEW YORK

Amy Schumer falls in front of Kanye West and Kim Kardashian at the Time 100 Gala. GETTY IMAGES

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Sofas were a hit at this year's Milan Furniture Fair

Florals unfurl in spring decor

DESIGN CENTRE
Karl Lohnes

Punchy, graphic and bright floral patterns offer a pretty, modern edge this spring; let them bloom with these stylish accessories.

1 Cece Organic Duvet
Organic cotton duvet cover shows off a botanical scene of giant dahlias. $130, PotteryBarn.com

2 Faux Floral Arrangement Everlasting floral arrangements add a burst of summer colour. $35, Homesense.ca

3 Asan Kantha Chair
Sit pretty on this occasional chair featuring a mix of industrial and floral. $750, CB2.com

4 Flower-Shaped Pancake Ring
Making pancakes and eggs just got a lot more fun. $5, CrateAndBarrel.com

5 Allyson Johnson Bold Floral and Dots Shower Curtain
Add a summer garden to your bathroom. $90, UrbanOutfitters.com

6 Daydream Floral Pillow With Feather Insert
Escape to a blooming garden by adding pastel and jewel tone florals. $49, Chapters.Indigo.ca

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Taking your garden plants on the road

Old hard-sided suitcases (above) and an old cart (below right) make innovative plant beds.
DEAN FOSICK/THE ASSOCIATED PRESS

GREEN THUMB

Portable plant ideas include containers, grow bags

People on the move often spurn gardening as a hobby because they have to leave their plants behind. But new innovations and creative ideas are making planters portable and easy to transfer from one location to another.

They store easily and work well for tight spaces, too. Adaptable and flexible planters with wheels, handles or other movable parts fit these needs, as do lightweight, durable products, said Susan McCoy, founder of Garden Media Group in Kennett Square, Penn. Or think modular containers that fit together and come apart like LEGOs.

"They're extremely versatile and can be used indoors or outdoors, individually or in multiples, on tabletops or hanging on a wall, and can be expanded as enthusiasm for gardening grows," McCoy said.

The new products are aimed at "those who prize freedom over home ownership," she said, including retirees and empty nesters, as well as young people who haven't settled down.

They "can barely commit to a single place, let alone a permanent plot of land," McCoy said. "Portable gardening gives everyone a chance to grow something, no matter where you live. And it's fun to see gardens pop up in the most unexpected places."

> **Portable gardening gives everyone a chance to grow something**
> Susan McCoy

Movable planters are excellent for raised beds, which make gardening more accessible, particularly for those who don't like bending over or have physical limitations.

"We push grow bags as great for apartment living, as they store well and you can take them with you if you're not in permanent housing," said Maree Gaetani, a spokeswoman for Gardener's Supply Co. in Burlington, Vt.

Millennials in particular (those age 18 to 35) are showing interest in portable gardening, including on a roof, deck or patio, Gaetani said.

Many kinds of containers can be converted into portable planters, from wheelbarrows to milk cans to bushel baskets. Other examples? Hard-sided suitcases, little red wagons, coal scuttles, recycled shopping carts, discarded tricycles and bicycles. All can be moved cross-country, across town or simply shifted from one side of the patio to another to follow the sun.

Keep your eyes open and creative juices flowing when shopping for inexpensive items at craft shops, antique stores and yard sales.

Portable home gardens also can be carried indoors when the season turns cold or when threatening weather is forecast.

"We're finding that across ages and incomes, people want to grow their own, even if they only have a small space and may be at a transient point in their lives," Gaetani said. "This is where aging baby boomers and younger gardeners intersect." THE ASSOCIATED PRESS

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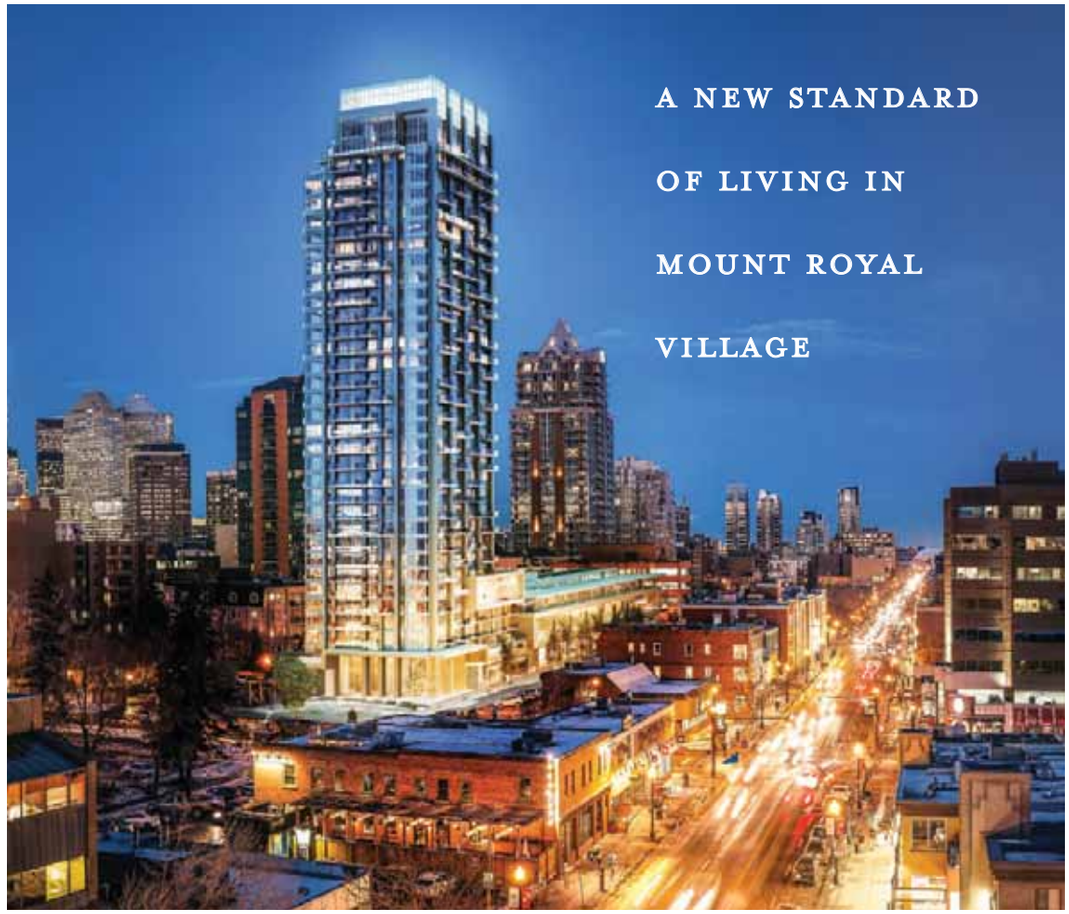

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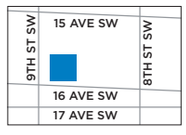

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Yes you can make your own curtains

DIY

Drapes project requires few inexpensive materials

Marianne Hayes
Metro in New York City

BALANCING HOME

DOGS DON'T EAT PIZZA

FOUR GENERATIONS UNDER ONE ROOF

Plain white curtains that have been painted with stencils (left), handwritten curtains (centre), and no-sew burlap curtains are perfect for spring.

One creative, simple way to spruce up your home for spring is to change out heavy curtains for light, airy drapes. The good news is that letting the light in doesn't mean you have to spend a fortune on new decor.

Instead, check out these budget-friendly DIY projects that'll leave your windows looking like they came out of an Anthropologie catalogue.

Burlap isn't necessarily a fabric that traditionally screams spring, but (if done right) it can actually give your living room a crisp, fresh feel. Another kicker? It's a no-sew project that's relatively inexpensive to pull off.

"Our family room had so many windows that I needed to find an inexpensive way to add drapery without breaking the bank!" says Jessica Bruno of Four Generations One Roof. "I purchased burlap for under two dollars a yard and made my own no-sew curtains."

Bruno completed the look with just three and a half yards of burlap, which covered 10 large windows. The finished product is airy and light — perfect for spring. It's also easy to swap out when the seasons change.

For full instructions, go to http://www.fourgenerationsoneroof.com/2013/03/how-to-make-curtains-using-burlap.html.

Written messages

A Sharpie is all you need to pull off this next look, which uses your own handwriting and some creative messaging. Just be sure to use a permanent marker; not a paint pen. Putting a piece of cardboard under the curtains while writing is also a good idea.

"The hardest part is deciding what to write," says Karen Cooper of Dogs Don't Eat Pizza. For her kitchen curtains, Cooper decided to write a variety of cooking-related words (like "bake," "mix" and "stir") in varying cursives and prints.

And if the curtains get dirty over time, washing them won't smudge the writing. Just throw them in the gentle cycle in cold water.

Stencil treatment

Whether your home is ultra-modern or boho chic, printed curtains can help accentuate the tone and feel.

Instead of dropping money at Crate and Barrel, opt for plain cotton drapes from any home store — then kick them up a notch by painting on a cool pattern, using fabric paint and a stencil roller.

Before you let the intimidation set in, keep in mind that you'll be using a stencil.

Megan Bray over at Balancing Home says the trick to stencilling is to avoid using too much paint. She also advises putting some muscle into your rolling to produce the best final image.

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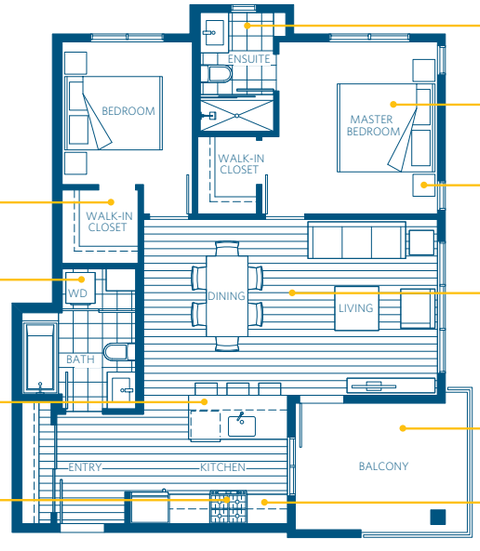

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metro SPORTS

Anderson Silva will fight for a spot on Brazil's Rio 2016 Olympic taekwondo team

Thursday, April 23, 2015

Flames aren't about to let up

NHL PLAYOFFS

Calgary has Vancouver on the ropes with 3-1 series lead

The Calgary Flames head to Vancouver with a magic number in mind.

"We need four. We need four," head coach Bob Hartley said.

That's four wins, which the Flames are one away from heading into Game 5 on Thursday against the Canucks.

The Flames lead the best-of-seven Western Conference quarter-final 3-1. Calgary has three opportunities to get No. 4 and close out the series.

After splitting the first two games of the series in Vancouver, Calgary wrested home-ice advantage away from the Canucks with back-to-back wins at the Scotiabank Saddledome.

Game 6, if necessary, would be Saturday in Calgary and if the series goes to a Game 7, it concludes Monday in Vancouver.

The last time the Flames advanced beyond the first round of playoffs was in 2004 en route the Stanley Cup final, where they lost in seven games to the Tampa Bay Lightning.

Calgary has momentum after what assistant captain Dennis Wideman says was their best performance of the series in Game 4 to win 3-1.

In addition to goals scored, the Flames were the superior team in blocked shots, faceoffs won, takeaways, hits and special teams.

The Canucks looked worn down and didn't engage in the sending-a-message belligerence they did at the end of Games 2 and 3.

A return to Rogers Arena could inflate their tires Thursday. No team wants to be an easy out.

"We've put ourselves in a good position, but good position doesn't give you any rights right now," Hartley said Wednesday. "The advantages in the playoffs, gosh, it's just a matter of momentum. We all know momentum can switch real quickly.

"We've been very opportunistic. That's the difference in this series right now."

The Canucks confirmed Wednesday that forward Alex Burrows is out for the series with an upper-body injury he suffered in the morning skate before Game 4 in Calgary.

Calgary's forecheck and defensive control of the middle lanes that has kept Vancouver's offence — including star forwards Henrik and Daniel Sedin — at bay. Each has scored one goal in four games.

The Flames forecheckers have harried Canucks defencemen into moving the puck faster than they like. The Canucks outshot the Flames in Game 4 and in the first two periods in Game 3, but the Flames have limited what Hartley calls "Grade A" chances.

"You're trying to keep everything to the outside and clog up the middle as much as possible," Wideman said. "Obviously the best chance of scoring is in the slot and that's something we've been working on all year, to try and limit those chances."

THE CANADIAN PRESS

90.2

According to the Elias Sports Bureau's statisticians, teams leading 3-1 in a best-of-seven win the series 90.2 per cent of the time (249-27)

> **"We did a ton of video the past two or three days and tried to figure out what would work a little bit better. Right now, everything's clicking.**
>
> Johnny Gaudreau on the Flames' power play

Flames winger Michael Ferland battles Canucks defenceman Kevin Bieksa for the puck at the Scotiabank Saddledome on Wednesday. The Flames' forecheck has given the Canucks fits during the series. DEREK LEUNG/GETTY IMAGES

Eddie Lack, left, has ruled the Canucks goal crease lately, but Ryan Miller could get the start in Game 5. ELSA/GETTY IMAGES

Desjardins mum on who starts Game 5

With the Vancouver Canucks' season on the line, head coach Willie Desjardins has decided on his starting goalie for Thursday's must-win Game 5 against the Calgary Flames.

That doesn't mean he's willing to share the information.

The Canucks practised at Rogers Arena on Wednesday afternoon, a day after a 3-1 loss in Calgary put them down 3-1 in their Western Conference quarter-final with the Flames.

Eddie Lack started the first four games of the series, but allowed three goals on seven shots in Tuesday's first period before getting the hook in favour of veteran Ryan Miller, who stopped all 15 shots he faced.

"Obviously we're disappointed," said Lack. "But there's a new day today, new possibilities and we're just looking forward to (Thursday).

"I want to play and I felt like I've been good at home, but it's not up to me. Whatever the coach's decision is going to be, I'm going to be behind it 100 per cent."

Miller signed on to be the Canucks' No. 1 goalie in the summer and held the job until he suffered a knee injury in February. Lack carried the load the rest of the way and has played in 25 of Vancouver's last 27 games, while Miller's only action prior to Game 4 was a start in the regular-season finale.

"Not ideal circumstances," Miller said of having to spell Lack in relief. "I didn't want to have to come into that kind of a pivotal game. I would have liked to see a tight score there, but the coach was looking for a spark for the guys. Eddie's performed really well in the series so far."

No matter who gets the nod from Desjardins, the Canucks will have to raise their game another notch in order to avoid elimination in front of their fans.

"It's got to be a group effort. I think your leaders are always a big part of it, but I think belief at this time of year is always the most important," said Desjardins. THE CANADIAN PRESS

13/15

The Canucks have lost 13 of their last 15 playoff games. Game 6 in the series would be played in Calgary.

Sens get long-awaited win versus Canadiens

NHL PLAYOFFS

Latest one-goal game goes Ottawa's way in nick of time

Mike Hoffman scored in the third period and Craig Anderson made 28 saves for the shutout as the Ottawa Senators downed the Montreal Canadiens 1-0 on Wednesday night to stay alive in their first-round NHL playoff series.

Montreal leads the best-of-seven series 3-1 and can wrap it up on home ice Friday night.

Coach Dave Cameron had moved Hoffman, a rookie, from the fourth line up to the second unit with Mika Zibanejad and Bobby Ryan during the first period.

It paid off in the third as Cody Ceci kept a Tom Gilbert clearing attempt in at the point and fed Hoffman in the left circle for quick shot that beat Carey Price 9:05 into the third period.

Habs defenceman Andrei Markov misses a shot at Craig Anderson's open net during Game 4 of the first-round series in Ottawa Wednesday night. ADRIAN WYLD/THE CANADIAN PRESS

It was the fourth straight game the Senators scored first, but this time, the Canadiens didn't answer back. An anemic power play that has gone 1-for-16 in the series hasn't helped their cause.

Anderson, who made 47 saves in his series debut in Game 3, was strong again for the Senators as they outshot Montreal 32-28. He sprawled to force Brandon Prust to slam the puck against the side of the net during a shorthanded breakaway late in the second.

There was choppy play for two scoreless periods. The Senators did not spend as much energy early on seeking big hits as in the previous three games, while Montreal simply did not look sharp.

Only four teams have come back to win when trailing 0-3 in a series: Toronto in 1942, the New York Islanders in 1975, Philadelphia in 2010 and Los Angeles in 2014. THE CANADIAN PRESS

IN PITTSBURGH

Rangers a win away from eliminating Penguins

Kevin Hayes scored at 3:14 of overtime to give the New York Rangers a 2-1 victory over the Pittsburgh Penguins on Wednesday night in Game 4 of the Eastern Conference first-round series. The Rangers lead the series 3-1 with Game 5 in New York on Friday night. THE ASSOCIATED PRESS

NBA PLAYOFFS SIZZLING GRIZZ GO UP 2-0 ON BLAZERS Tony Allen of the Grizzlies tries to block a shot by Damian Lillard of the Portland Trailblazers during Game 2 of their first-round playoff series on Wednesday night in Memphis. Mike Conley and Courtney Lee each scored 18 points, and the Grizzlies beat the Blazers 97-82 to grab the franchise's first 2-0 lead in a playoff series. FREDERICK BREEDON/GETTY IMAGES

NETS AT HAWKS

Big Millsap helps Atlanta to 2-0 lead

Paul Millsap scored 19 points and the top-seeded Atlanta Hawks again survived a tougher-than-expected test from the Brooklyn Nets, holding on for a 96-91 victory and a 2-0 lead in their Eastern Conference playoff series Wednesday night.

Squandering an early 12-point lead, the Hawks fell behind before halftime and spent the rest of the game struggling to put away the No. 8 seed. THE ASSOCIATED PRESS

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RECIPE Bok Choy Salad with Mandarin Oranges and Ginger Dressing

EAT LIGHT AT HOME
Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Serves: 6

Ingredients
- 6 oz extra firm tofu cut into cubes
- 12 oz baby bok choy, trimmed and sliced
- 2 green onions, chopped
- 1/3 cup dried cranberries
- 1/2 cup fresh or canned and drained mandarin segments
- ¼ cup toasted sliced almonds
- 3 Tbsp chopped cilantro or parsley dressing
- 1/3 cup minced red onion
- 2½ Tbsp vegetable oil
- 2½ Tbsp rice wine vinegar
- 2½ Tbsp water
- 1½ Tbsp ketchup
- 1 Tbsp minced ginger
- 1 Tbsp light soy sauce
- 1½ tsp sesame oil
- 1½ tsp granulated sugar
- 1½ tsp lemon juice
- ½ tsp minced garlic

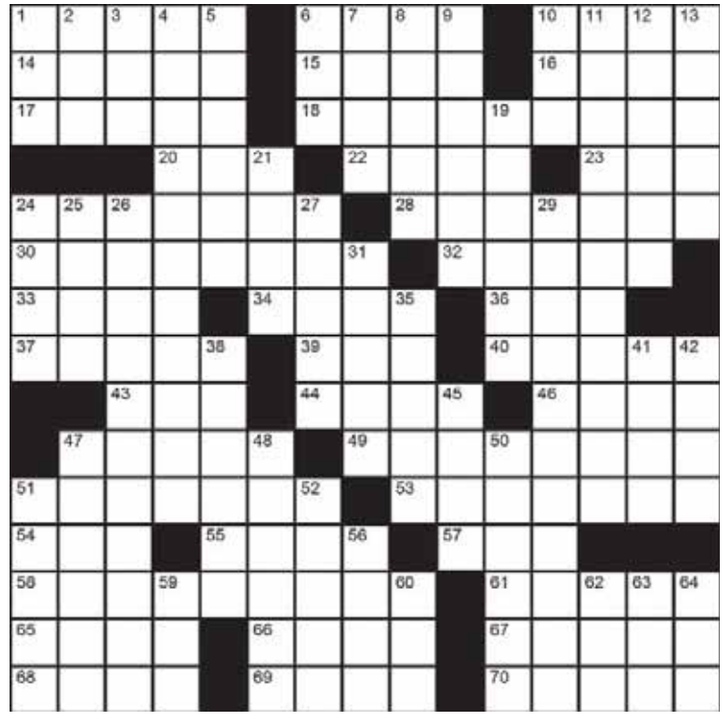
Directions
1. In grill or sauté pan, sear tofu cubes just until browned on both sides, about 5 minutes. Set aside.
2. Place bok choy, green onions, cranberries and mandarins on serving platter. Garnish with almonds and cilantro.
3. Dressing: In small bowl or food processor, puree all ingredients until smooth. Pour over top salad and mix well. Add tofu.

Nutrition per serving
- Calories 186 • Protein 8.6 g
- Carbohydrates 14.0 g
- Fibre 2.2 g • Total fat 11.6 g
- Saturated fat 0.8 g
- Cholesterol 0 g
- Sodium 169 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Uses the text-thickening function
6. Thunder god
10. First word of Virgil's epic Latin poem Aeneid
14. Streamlet
15. Sulk
16. Casual affirmative
17. Dylan __, "Orphan Black" star
18. Saskatchewan town southwest of Saskatoon
20. One-eighty turn, slangly
22. Eminem's Shady
23. Canuck, curtly
24. Smokestack
28. Growled
30. Kiesza hit
32. "Wavin' Flag" singer
33. 'Konvicted' rapper
34. Chocolate/toffee Hershey bar
36. Don't hire a pro, e.g.
37. U.S. airline
39. U.S. state, e.g.
40. "Happy Days" name
43. Cleveland NBA-er
44. Herman Melville: Captain in Billy Budd, Sailor
46. "Weeell?"
47. "Mack the Knife" singer Bobby
49. "Steal My __" by Canadian group Len
51. Many are exhausted after one: 2 wds.
53. Mr. Cage
54. Prefix meaning 'Outer'
55. Caustics
57. Stock index, with Jones
58. Bugs living under a rock, as an example of one
61. __ and Sara (Music duo from Calgary)
65. Marching instrument
66. Office memo abbr.
67. Prefix meaning 'Rainbow'
68. Gentle
69. British Columbia's __ National Park
70. Plus

DOWN
1. Consumer protection agcy.
2. Lisa __, Canadian etiquette expert
3. "__ Grant"
4. April 23rd to May 3rd, 2015: Canadian International __ Festival, in Toronto
5. British Columbia river
6. Online celeb gossip source
7. Cultivates
8. Some stones
9. Fix a chain, say
10. Ms. Rand
11. Some of Prince Edward Island's 'land'scape is distinguished by it: 3 wds.
12. Fairytale figure
13. Lend __ (Help out)
19. Christopher Plummer's actress daughter
21. Archery bow trees
24. Country of Africa
25. Go backpacking
26. Viewer voting leads to a new one each week on Ryan Seacrest's show: 2 wds.
27. Comedy's Mr. Smirnoff
29. Song by Canadian singer Pagliaro, fitting for April's weather
31. Yesteryears
35. Already-shown show
38. In a keen manner
41. Charlie Chaplin's last wife
42. Negative replies
45. Barenaked Ladies song
47. Rucellai Madonna painter
48. Oppose/reject
50. Nova __
51. Bellyaches
52. Bryan Adams' "The Best Was __ __ Come"
56. Comic actor Mr. Green
59. Kit
60. Telephone trio
62. Soldiers
63. 'Block' suffix
64. Negative word

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Everyone gets things wrong once in a while and you are no exception. If you make an error of judgment today – and you will – don't try to deny it. Accept your mistake then set about putting it right.

Taurus April 21 - May 21
With the Sun in your sign your confidence is high, but you still have a vague feeling that everything could fall apart at any moment. Don't worry, it won't, but your intuition could be telling you something. What could it be?

Gemini May 22 - June 21
This is a time for reflection, a time for looking back over the previous 12 months or so and learning what you can from both your successes and your failures.

Cancer June 22 - July 23
Someone who is usually very open with you will be secretive for no good reason today, but don't take it to heart because it is unlikely to have anything to do with you personally.

Leo July 24 - Aug. 23
Anyone who thinks they can take advantage of your trusting nature will soon learn that you are not so easily deceived. Trusting you may be, but stupid you are not – as they will find out to their detriment today.

Virgo Aug. 24 - Sept. 23
If your intuition tells you to follow a certain course of action then do so even if everyone else thinks you are mad. Listen to that little voice inside your head – and close your ears to everything else.

Libra Sept. 24 - Oct. 23
If you ask someone for a favor today chances are they will be more than willing to help you out. But don't expect to get what you want for free.

Scorpio Oct. 24 - Nov. 22
Personal problems may seem much bigger than they actually are at the moment, so wait until the weekend before making important decisions.

Sagittarius Nov. 23 - Dec. 21
You have so much to do but time is limited, so don't waste even a second on things that are not connected to your long-term ambitions.

Capricorn Dec. 22 - Jan. 20
Seize the initiative today and let everyone around you know that you intend to take what it is you desire rather than wait for others to give it to you. The Sun in Taurus makes all things possible.

Aquarius Jan. 21 - Feb. 19
Don't be surprised if you feel a bit moody today, even though most things in your life appear to be going well at the moment. You will be back to your normal self come the weekend.

Pisces
Feb. 20 - March 20
You don't need to pound rivals into submission, not when your way with words is such that you can sweet talk them into doing whatever it is you desire. Whether your words are sincere is another matter entirely, of course.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		8		1		7		
	6						9	
9				4				3
			9		7			
2		3				1		6
			2		1			
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	1						6	
		4		8		5		

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